



MIIA Employee Assistance Program

Work and life come with challenges. We're here to help.

Confidential • No-Cost • Available to You & Your Family

Mental Health Counseling & Support

- Stress, anxiety, depression
- Relationships & conflict resolution
- Substance misuse support

Life Coaching

- Reach personal & professional goals
- Manage transitions & build resilience

Financial Consultation

- Budgeting & debt management
- Retirement & tuition planning
- Taxes & identity theft protection

Legal Consultation

- Wills, estate planning, and real estate
- Divorce, custody, bankruptcy

Work-Life Resources & Referrals

- Childcare, adoption, eldercare
- Special needs support, transportation
- Housing, education, and pet care

Medical Advocacy

- Navigate insurance & referrals
- Secure equipment & transportation
- Transitional & discharge care

Contact the MIIA EAP | 24/7 in-the-moment help

Phone: 800-451-1834

Visit: www.allonehealth.com/miia-eap/

