



Nonprofit
Locally based
Member driven

Serving Massachusetts' communities since 1982

EMPLOYEE ASSISTANCE PROGRAM



Please register for our MIIA EAP Reintroduction Orientation and Services Overview.

Session takes place on **March 3rd @ 1pm EST.**

Register at:
attendee.gotowebinar.com/register/4520533626457333773

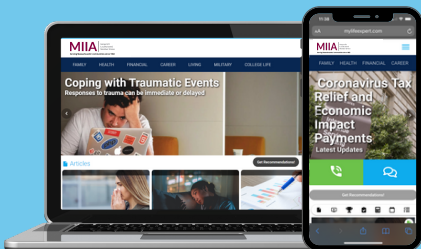
[Click Here To Register](#)

INTRODUCING MY LIFE EXPERT

A best-in-class EAP Work-Life website with:

- RESOURCES ON LIVING, CAREER, FINANCES, AND HEALTH
- LIFESTYLE ASSESSMENTS
- SOFT SKILLS COURSES
- WEBINARS
- PLANNING CALENDARS
- 24/7 CONFIDENTIAL SUPPORT
- ...AND MORE!

Access My Life Expert by going to <https://allonehealth.com/miiaeap-2/>



CONTACT US:

MIIA Employee Assistance Program

Phone: 1-800-451-1834

My Life Expert:

<https://allonehealth.com/miiaeap-2/>

To create your account use company code: miiaeap

IN NEED OF A SOLUTION?

THE MIIA EAP PROGRAM IS HERE FOR YOU.

Welcome to the MIIA-EAP, a free confidential resource for employees and household family members, as well as managers/supervisors.

SERVICES OFFERED:

MENTAL HEALTH COUNSELING

Counseling services and 24/7 in-the-moment support for employees and household family members. (3 confidential sessions).

TRAININGS & SEMINARS

Choose from an extensive array of wellness and workplace topics.

FINANCIAL COUNSELING

A Certified Financial Consultant helps employees and household family members with issues like debt management, budgeting, or retirement planning. (3 sessions).

LEGAL REFERRALS

Connect with a qualified attorney for a free 30-minute telephonic consultation after which in-person consultations are available as needed at a 25% discount.

WORK-LIFE RESOURCES

Help with everyday needs, like elder care placement, daycare, parenting or adoption resources.

MEDICAL ADVOCACY

For support around maneuvering through the healthcare system with areas such as insurance navigation, specialist referrals, second opinions, or patient advocacy.

LIFE COACHING

Get connected to a Certified Life Coach for personal/professional goals (3 confidential sessions).

SUPERVISORY SUPPORT:

CRITICAL INCIDENT RESPONSE DEBRIEFINGS

For support when a workplace has experienced a significant disruption.

EAP REFERRALS

Manager suggests or requires employee to contact EAP for concerning behavior. Substance Abuse Professionals (SAP) also available.

ORGANIZATIONAL DEVELOPMENT SERVICES

Mediation, Team-Building, and Executive Coaching.