

Introducing one of your most valuable benefits:

We've been called a Lifesaver

For over 30 years, your MIIA
Employee Assistance Program
has been serving municipal entities

MIIA MASSACHUSETTS
BASED
MEMBER
DRIVEN

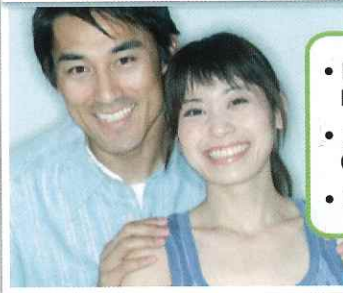
When life happens, MIIA EAP is there for you and your loved ones.

Job



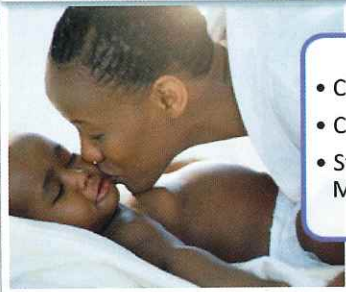
- Work-Life Balance
- Time Management
- Getting Along With Co-Workers

Relationships



- Financial Planning
- Improving Communication
- Legal Assistance

Newborn



- Child Care
- College Planning
- Stress Management

Family Changes



- Estate Planning
- Elder Care
- Grief & Loss Support

Call whenever, for whatever...

For information or services, call 24/7 at 800-451-1834 or download the mobile app from your app store by searching for "MIIA EAP"

“The municipal workplace is more stressful than ever before. That stress affects everything, especially how people relate to each other. There are times when managers don’t know how to address this dynamic, but the EAP does - that’s what makes it such an invaluable resource.”

Town Administrator

“I had no idea the EAP was also there for child care! We needed to find it quickly, and they really came through for us.”

Town Employee

“I realized the EAP was a hidden gem - and not just for counseling! They helped me see that what I really needed was financial planning. They connected me to a professional who really knew her stuff; it helped me alleviate so many worries.”

Town Employee



Common Town-Related Concerns:

- Dealing with difficult residents
- Adapting to technology changes
- Getting along with co-workers and supervisors
- Juggling family and work
- Managing job stress
- Keeping up with an increased workload

We also offer free professional trainings, including:

- *Managing Job-Related Stress*
- *I Pay Your Salary: Responding to Difficult Situations with Residents*
- *Working in a Multigenerational Workplace*
- *Let’s Face It: Coping with Workplace Conflict*

Email your training request to miiaeap@allonehealth.com

MIIA Employee Assistance Program

800-451-1834

Visit the MIIA EAP website @ emiia.org