

Introducing one of your most valuable benefits:

We've been called a Lifesaver

For over 30 years, your MIIA
Employee Assistance Program
has served schools

MIIA | MASSACHUSETTS
BASED
MEMBER
DRIVEN

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

Job



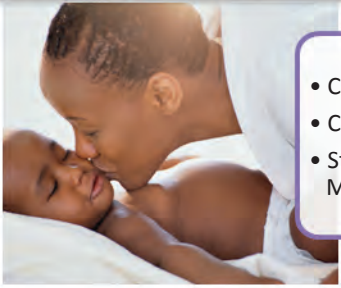
- Work-Life Balance
- Time Management
- Getting Along With Co-Workers

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”

“Just knowing that the EAP is there is such a comfort. Schools are challenging environments! We care for children, but the adults need support too - especially when life feels overwhelming.”

Principal

“I started noticing a level of depression had been creeping up on me and was affecting me at home and in the classroom. The EAP helped me to feel like myself again.”

Teacher

“I used the EAP to get legal advice about a property dispute, and the attorney I spoke with gave me exactly the help I needed. What’s amazing is that it was entirely free!”

Administrative Support



Common School-Related Concerns:

- Preventing job burnout
- Adapting to changes in performance standards
- Handling parent concerns
- Juggling home and work
- Communicating effectively within a school environment
- Addressing interpersonal conflict

We also offer free professional trainings, including:

- *Managing Job-Related Fatigue*
- *Dealing With Difficult Parents*
- *Navigating School-Based Uncertainty and Change*

Email your training request to miiaeap@allonehealth.com

MIIA Employee Assistance Program

800-451-1834

Visit the MIIA EAP website @ emiia.org