



Nonprofit
Locally based
Member driven

Serving Massachusetts communities since 1982

Life comes with challenges. Your Employee Assistance Program (EAP) is here to help.

Your Employee Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are at no cost to the employee, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

Mental Health Sessions

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues.

Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.

Financial Consultation

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

Legal Consultation

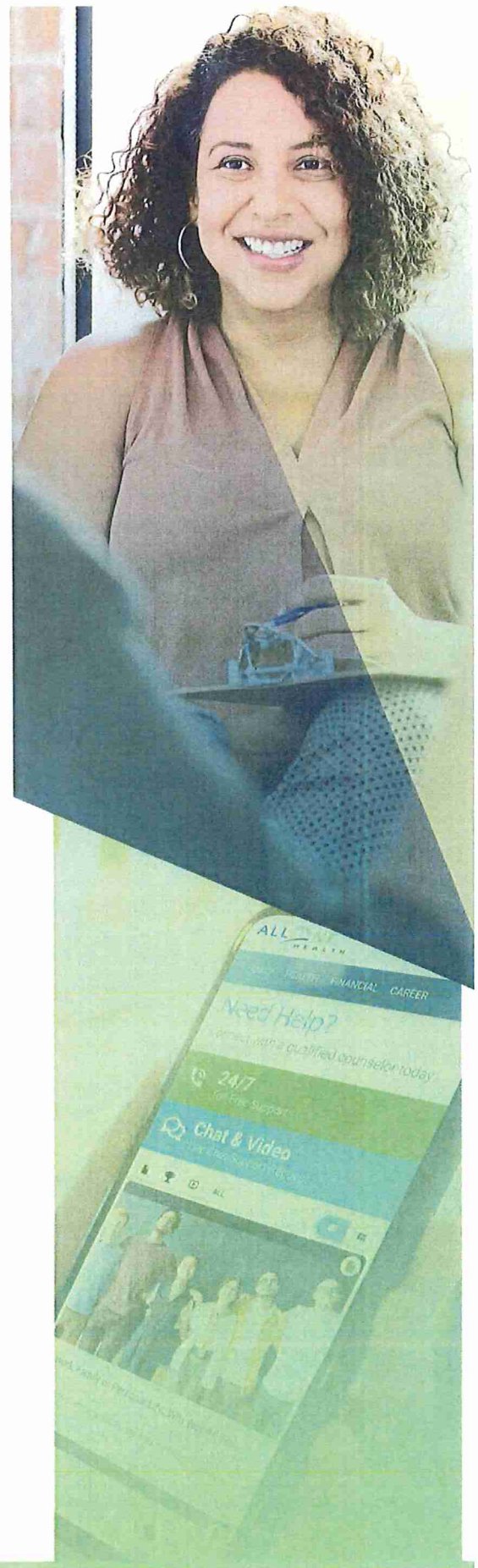
Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

Work-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

Medical Advocacy

Get help navigating insurance, obtaining doctor referrals, securing medical equipment or transportation, and planning for transitional care and discharge.

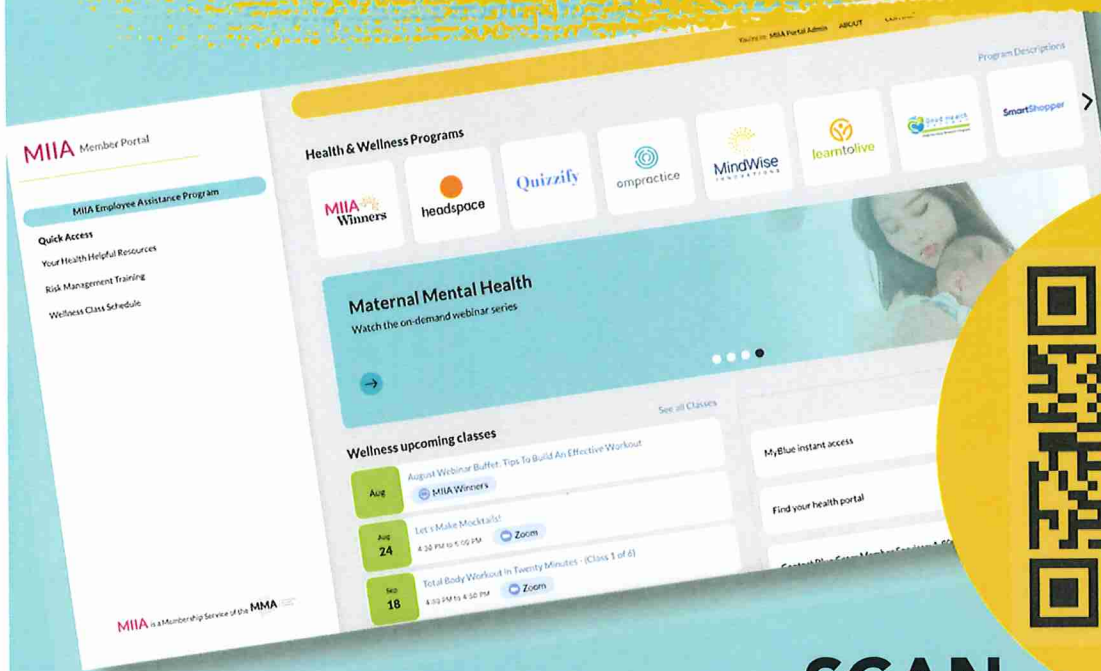


Call: 1-800-451-1834

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



Welcome to the Peabody MIIA Member Portal



**SCAN
ME**

We're excited to share an easy way for you to view all MIIA health and wellness programs, access the monthly Well Aware newsletter, get healthy recipes and register for classes. The MIIA Member Portal is your one stop shop and requires no login.

Scan the code above with your mobile phone to access your portal today. You can save the URL to your browser and access the portal from your computer too.

MIIA
Member Portal

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