

## Your EAP Partner

### OFFERING **FREE, CONFIDENTIAL, BRIEF COUNSELING** TO EMPLOYEES AND THEIR FAMILY MEMBERS.

The Intermountain Employee Assistance Program is your partner in living a life filled with energy, strength, and vitality. Taking care of your mental health is as essential to your well-being as taking care of your physical health. Creating positive relationships at home and work, effectively managing stress, and thriving during times of change.

“I honestly must tell you I am a different person since I was able to get help with the EAP for me and my daughter.”  
– EAP Client

“This therapy has helped me so much and I was grateful to have this benefit through my employer. It put my mind at ease through a stressful time.” – EAP Client

#### CONTACT US

- **Call** 801.442.3509 or 800.832.7733 from 8:00 a.m. – 5:00 p.m. (MST) to schedule an appointment.
- **A crisis counselor** is available by phone 24/7

## EAP SERVICES



### COUNSELING

Free, brief counseling for life problems such as conflict at work or with a family member, depression, anxiety, and life stress. Services are available to employees, spouses or partners, and dependent children (under 26 years old.)



### HELP FOR CAREGIVERS

Information, resources, and coaching for employees who are providing assistance to a spouse or relative who is ill, disabled, or needs help with basic activities of daily living. Caregiver services can help identify medical, legal, and financial resources, as well as provide support for the emotional issues of caregiving.



### CRISIS RESPONSE

Crisis response is available by phone 24 hours a day, 7 days a week at **1-800-832-7733**.

Employees and family members are encouraged to use this service when urgent situations arise. Clients with emergency situations receive immediate attention by phone.

## WEBSITE

**[intermountainhealthcare.org/eap](http://intermountainhealthcare.org/eap)**

The website includes helpful tools and resources.



# Because life presents *many* challenges



Since using EAP, I'm able to concentrate better and focus on my patients.



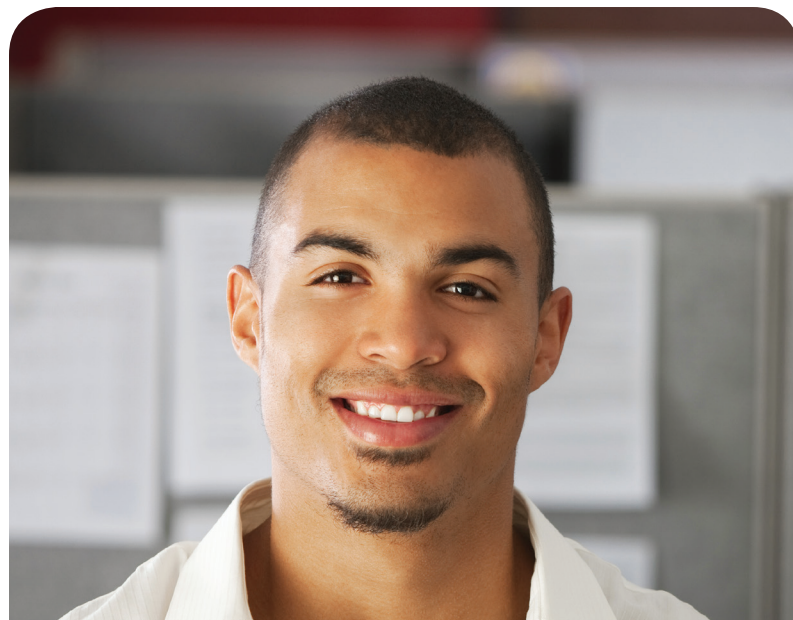
I used to hate going to work. It's better now. My EAP counselor offered great suggestions.



The EAP helped me to help my 13 year old daughter. She is so much happier now.



My divorce was difficult. Talking to an EAP counselor was very helpful to me and my kids.



Losing my job was difficult. My EAP counselor helped me cope and create a plan to get back to work.



Caring for my mom created a lot of stress. The EAP helped decrease my stress and find valuable resources.



Offering free, confidential, brief counseling to employees and their family members.

- Marital conflict • Parenting • Depression • Anxiety • Caring for elderly parents or relatives • Work stress

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Call 1.800.832.7733 to schedule an appointment with a Counselor or visit [intermountainhealthcare.org/eap](http://intermountainhealthcare.org/eap) for more information on all of our services.