



Employee Assistance Program

Your EAP Partner

Offering free, confidential, and 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. Rewarding relationships at home and work, effective stress management skills, and learning to thrive with life changes are all goals that EAP can assist employees to achieve.



**Intermountain
Healthcare.org/eap**



"Thank you for providing this service. It has really helped ease my burdens and made my life better, including my worklife!"

~ EAP CLIENT

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 ages 6-26.

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 Services: 24/7 telephone crisis services with a licensed mental health professional.

Legal/Financial Assist: When legal or financial situations arise, you may need the counsel of an expert. The Intermountain Employee Assistance Program can help connect you with a participating attorney or financial advisor for a free consultation either on the phone or in person.

CONTACT US

Call 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 at the same number.

You can also e-mail us at eap@imail.org with non-urgent questions or feedback.



Intermountain®
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