

Employee Assistance

YOUR EAP PARTNER IS 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.



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.



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.



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.



Contact

Phone: **800-832-7733** | Email: eap@imail.org

Website: Intermountainhealthcare.org/eap

Crisis Counselor: Available by phone 24/7


Intermountain[®]
Employee Assistance Program