

Employee Assistance Program (EAP)



What services are offered?

The St. Vincent Healthcare Employee Assistance Program provides help to employees and their families dealing with personal challenges.

- **Free short-term, confidential counseling for you and your family.** Most of life's challenges can be resolved with short-term counseling. Whether you are dealing with depression or relationship issues, the professional counselors at EAP can help.
- **Referral services.** You and your EAP counselor may determine that a referral to another professional or community resource is necessary. If a referral is made, your EAP counselor will work with you to ensure that you receive the help you need, with professionals whose services are covered by your insurance plan.
- **Toll-free 24-hour crisis hotline.** St. Vincent Healthcare EAP offers a toll-free 24-hour crisis hotline. Should you need emergency assistance a counselor is available 24 hours a day.
- **Convenient counseling locations.** EAP counselors are conveniently located to provide you with prompt, courteous service.



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What is St. Vincent Healthcare EAP?

The St. Vincent Healthcare Employee Assistance Program (EAP) is a benefit to employees that offers confidential, short-term counseling services for you and your family. This benefit is provided by your employer at no cost to you.

Who can use EAP?

The EAP is available to you and your family members. Supervisors may refer employees to EAP services when work performance is affected by personal problems. Employees are encouraged to take advantage of this benefit and opportunity for help.

- Counseling and Referral Service
- Free for Employees and their Families
- Professional
- Confidential

Why use EAP?

We all face personal challenges throughout our lives. Sometimes, we need help working through a problem in order to gain perspective and regain a sense of control. If you feel the need to take some time for yourself, to talk freely about the problems and challenges that concern you or your family, the Employee Assistance Program can help. Our professional caring staff is available to provide confidential counseling and if needed, referrals to other resources that may be helpful to you.

Is it really confidential?

Yes! If you visit with an EAP counselor, your conversation will be held in absolute confidence. Without your consent, personal information is never shared with anyone, including your employer. (Exceptions are made in cases governed by law in order to protect individuals threatened by violence.)

EAP counselors treat a broad range of problems

- Depression
- Anxiety
- Workplace Stress
- Addictive Illnesses/Tobacco Use
- Weight Management
- Grief & Loss
- Marital Issues
- Parent/Child Issues
- Relationship Issues
- Posttraumatic Stress

EAP uses a broad range of methods including:

- Cognitive Behavioral Therapy
- Hypnosis
- Eye Movement Desensitization & Reprocessing (EMDR)
- Brief, Solution Focused Therapy
- Team Building & Education

We're here to help you.

For an appointment, call
Monday through Thursday
8:00am to 5:00pm

Billings

406-237-3585

Outside Billings

888-662-5461

Toll-free 24-hour Crisis Hotline

888-662-5461