

Intermountain LiVe Well EAP Services

Employee & Family Member Services

COUNSELING FOR LIFE PROBLEMS SUCH AS MARITAL PROBLEMS, PARENTING CHALLENGES, DEPRESSION, AND LIFE STRESS.

Services are available to employees, spouses or domestic partners, and dependent children (under 26 years old).

Intermountain EAP has multiple offices across Utah for easy, convenient access. We contract for EAP services in locations outside of Utah. Appointments are offered within 5 - 10 business days. There are no session limits once it is determined to be an appropriate EAP problem.

At each counseling session, the client is asked to fill out a brief scale that measures progress in resolving their problem. This tool facilitates communication about the counseling process and how the counselor can best serve the 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 at the same number.
- **Email** us at eap@imail.org with non-urgent questions or feedback.



HELP FOR CAREGIVERS

Information, resources and coaching for employees who are providing assistance to an aging spouse or relative who is ill, 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

Crisis services are available 24/7 by phone to employees and family members.



REFERRALS AND RESOURCES

When the problem is not EAP appropriate, EAP makes the best possible referral to providers covered by the client's insurance and/or community resources.