

Life can get complicated.

Blomquist Hale is your starting point.

Salt Lake City School District - Employee Assistance Program

Salt Lake City School District is introducing a new benefit to help with any distressing life issue. This new benefit provides a number of services that can help with various life challenges and assist you in getting appropriate direction for mental health treatment. This service is called *Employee Assistance Program (EAP)* and is administered through Blomquist Hale.

EAP is a resource to help address a broad range of personal difficulties that may be causing distress. Receive brief, face-to-face counseling to help resolve such concerns as:

- Marital Difficulties
- Family Problems
- Stress & Anxiety
- Elderly or Child Care
- Drug/Alcohol Addictions
- Legal or Financial Issues
- Grief & Depression
- Any Distressing Life Issue

These counseling services are **free**, with no copay. They are completely confidential and good for you and your eligible dependents.

Blomquist Hale is your starting point into the mental health benefit and functions as the triage and assessment service of the network. Blomquist Hale EAP offers intensive services that result in issues being handled through the EAP. Utilizing the services through the EAP can save both time and money. In addition, there is no copay or deductible when services are handled in the EAP. When services are needed that require long term or specialized care beyond the scope of the EAP, our clinicians help ensure that you get referred in the right direction for your treatment needs and submit the needed pre-authorization for insurance reimbursement.

Without pre-authorization through Blomquist Hale, your claim will be denied by your medical plan.

Most services are available by appointment. Assistance is available for life threatening emergencies 24 hours per day, 7 days per week. To receive assistance, simply call 1-800-926-9619 to make an appointment.

Prevention is always the best medicine. If you or your eligible family members are distressed by any type of life problem, please utilize the expertise made available by this valuable service today.

Warm Regards,

Salt Lake City School District

We are glad to be here for you.

