



# Employee Assistance Program (EAP)

## Initial Assessment

If counseling is needed, employee members or their dependents will be asked to make an initial assessment appointment with an EAP therapist by calling (406) 435-6266 or Billings Clinic HealthLine at 1-800-252-1246, or by emailing [EAP1@billingsclinic.org](mailto:EAP1@billingsclinic.org). Appointments will be offered within two working days. Based on this initial session, the therapist will schedule short-term therapy or assist you in locating other community resources to meet your specific concerns.

## Referral

For those problems requiring more intensive or long-term treatment, referrals to appropriate resources or other health care professionals will be made.

## Short-Term Counseling

Employees, couples and families may receive short-term counseling for a specific problem. The goal of counseling is to identify the problem and discover realistic and effective solutions. Individual, couple and family counseling is available to help with a variety of concerns such as:

- stress management
- marital problems
- alcohol/drug abuse
- work issues
- elder care
- family problems
- divorce adjustment
- depression/anxiety

## Employer Services

- Provide personal or phone consultation
- Provide promotional material to bring awareness and visibility to the Program
- Provide supervisors with training topics such as dealing with difficult employees, diversity in the workplace, harassment, or other topics as requested
- Provide Critical Incident Stress Management to affected supervisors and employees
- Provide Supervisory Training under mandated Department of Transportation training for drug and alcohol awareness

## Mental Health & Wellness Education

Billings Clinic EAP offers ongoing wellness education programs on a variety of topics in a group setting at Billings Clinic or at the employer's facility. Programs include:

- women's issues
- men's issues
- relaxation training
- managing conflict
- dealing with anger
- learning assertiveness
- improving communication
- coping with depression

## Consultation Via Telemedicine

One of the most pressing problems in health care in Montana is providing quality care to individuals in remote and outlying areas where mental health care is limited or unavailable. The recognition of this need, coupled with modern telecommunication technology, allows us to deliver mental health services to rural sites through the Eastern Montana Telemedicine Network.



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## Providing mental health assessment, counseling, education and referral to enhance your total health and well being.

Billings Clinic Employee Assistance Program (EAP) has offered cost-effective, quality health care services to companies and their employees since 1988. Recognizing that good physical health is closely tied to mental well being, the Employee Assistance Program provides mental health services as an integral component of our employer and public health programs.

Throughout our lives, all of us will face difficult times, troubling relationships or stressful adjustments. The pressures of daily life affect everyone. While support from friends and family is certainly helpful, sometimes it may not be enough.

Billings Clinic Employee Assistance Program offers confidential mental health and referral services to help you discover workable solutions to the problems that affect you or your family's health and well being. Through assessment, short-term counseling, education and referral, EAP provides the important mental health link that is vital in maintaining your overall good health.

(406) 435-6266 or  
1-800-252-1246

[EAP1@billingsclinic.org](mailto:EAP1@billingsclinic.org)

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