

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


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Financial Assist

If you have questions about a financial issue, speaking with an expert can help. The Intermountain Employee Assistance Program provides you with access to professionals who provide free consultations on everything from credit and debt, to purchasing a home, or saving for retirement.



Why use Intermountain EAP Financial Assist?

- Bankruptcy counseling
- Budgeting (to cope with reduction in household earnings; to reduce debt; to save; household budgeting)
- Buying a home for the first time
- College fund planning
- Credit card debt (lowering rates; consolidating debt)
- Foreclosure prevention
- Identity theft prevention
- Major life event planning
- Retirement planning

How It Works

1. Call our intake hotline between 8:00 am and 5:00 pm MST at 1-800-832-7733 and tell the agent you'd like to access Financial Assist.
2. Our agent will connect you with a financial assistance consultant who may be able to help resolve the issue or provide the needed resources. If not...
3. The financial consultant will schedule an appointment with a qualified financial counselor. You may receive information to review or worksheets to complete before your session.
4. On the day of the appointment the counselor will call the employee to begin the session.
5. Following the appointment, the counselor will follow up with a summary, goals and/or any other applicable information.

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Legal Assist

If your life, or the life of a family member has been impacted by a legal issue, you may need the expert counsel of an attorney. The Intermountain Employee Assistance Program can help connect you with a participating attorney for a free consultation either on the phone or in person.

Typical Legal Inquiries



- Adoption
- Bankruptcy
- Criminal issues
- Debtor/creditor issues
- Divorce/custody
- Estate planning/wills/trusts
- Landlord/tenant disagreements
- Personal injuries
- Probate
- Real estate

How It Works

1. Call our intake hotline between 8:00 am and 5:00 pm MST at 1-800-832-7733 and tell the agent you'd like to access Legal Assist.
2. Our agent will connect you with a legal consultant who may be able to help resolve the issue or provide the needed resources. If not...
3. The legal consultant will schedule an appointment with a qualified legal counselor. You will receive a 'Next Steps' email with information about the confirmed time and how to connect for your appointment.

**We are not a law firm or lawyer referral service and do not provide legal advice, but we can connect you with a participating lawyer in your area who can assist you.*

Contact

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Website: Intermountainhealthcare.org/eap


Intermountain®
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Because life presents *many* challenges



Since using EAP, I'm able to concentrate better and focus on my patients.



I used to hate going to work. It's better now. My EAP counselor offered great suggestions.



The EAP helped me to help my 13 year old daughter. She is so much happier now.



My divorce was difficult. Talking to an EAP counselor was very helpful to me and my kids.



Losing my job was difficult. My EAP counselor helped me cope and create a plan to get back to work.



Caring for my mom created a lot of stress. The EAP helped decrease my stress and find valuable resources.



Offering free, confidential, brief counseling to employees and their family members.

- Marital conflict • Parenting • Depression • Anxiety • Caring for elderly parents or relatives • Work stress

Call 1.800.832.7733 to schedule an appointment with a Counselor or visit intermountainhealthcare.org/eap for more information on all of our services.