



# Employee Assistance Program

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Intermountain LiVe Well

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## Intermountain LiVe Well

Customer Service: 800-832-7733  
[www.intermountainhealthcare.org/eap](http://www.intermountainhealthcare.org/eap)

The LiVe Well 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. Rewarding relationships at home and work, effective stress management skills, and learning to thrive with life changes all improve your ability to LiVe Well.

### **EAP Services**

**Counseling:** Free, limited counseling for life problems such as conflict at work, with a family member, depression, anxiety, and life stress. Services are available to employees, spouses or partners, and dependent children under 26 years old. You or your family member will meet with a licensed, experienced counselor where your situation will be assessed. Together, you will develop a plan for improvement. If the assessment indicates brief therapy, EAP counseling will continue until the problem is resolved or improved. Problems requiring a specialist or long-term counseling will be referred to a provider through your medical insurance or community resource.

**Help for Caregivers:** Information, resources, and coaching for employees who are providing assistance to a spouse or relative who is ill, disabled, 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:** 24/7 telephone crisis services with a licensed mental health professional. To use Intermountain EAP's Crisis Services, call Customer Service at 800-832-7733.

**Website:** Valuable resources for employees and family members including Quick Tips on common life problems, resources such as "Our Favorite Books," and a sign-up for bi-monthly LiVe Well E-Tips. You will also find details about our office locations and staff biographies.