



Employee Assistance Program

Caring for employee's mental wellbeing is what we do

Life can be challenging but you don't have to face it alone. Intermountain Employee Assistance Program (EAP) offers confidential, professional support to help you manage personal and work-related issues before they become overwhelming.

PHONE NUMBER
(800) 832-7733



2026 Edition



Summary of Services

Eligible Members

- Employees
- Spouse/Domestic Partners
- Dependents ages 6-26

Short Term Counseling

Virtual or in person sessions for employees, spouses, and dependents aged 6-26 covering marital issues, parenting challenges, mood concerns, work conflicts, and general life stress.

CredibleMind

Online wellbeing platform with expert-rated and vetted videos, podcasts, apps, books, and articles all in one easy-to-use place.

Crisis Services

24/7 telephone crisis services with a mental health professional.

Elder Care

Information, coaching, and resources supporting aging relatives, including medical, legal, financial guidance, and emotional support.

Financial & Legal Assist

Free consultations with professionals on topics such as credit, debt, home purchases, and retirement savings.

Trainings & Webinars

A wide range of mental health training opportunities designed to support both professional and personal well-being.

Add EAP Shortcut

Add the EAP Website to Your Phone Home Screen

Quick access to EAP resources. Just one tap from your phone's browser.

Add to IOS

- › **Open a web browser application** such as Safari, and navigate to the page you wish to add
- › **Open sharing options** from the bottom of your screen
- › Scroll down and select **“Add to Home Screen”**
- › Tap **“Add”** in the upper right corner
- › This page will now appear as an app on your home screen



Add to Android

- › **Open a web browser application** such as Chrome, and navigate to the page you wish to add
- › **Tap the menu button** in the top right corner of your screen
- › Select **“Add to Home Screen”** from the dropdown menu
- › Tap **“Add”** in the upper right corner
- › This page will now appear as an app on your home screen



Scan the QR code or click to access the website!

Counseling & Crisis Services

Counseling

- › EAP provides short term counseling for employees, spouses, and dependents aged 6-26.
- › All counseling is confidential.
- › Services are delivered by licensed mental health professionals.
- › Services are available in person or virtually.

Common Primary Issues

- › Family
- › Grief/Loss
- › Life Transitions
- › Mood related concerns
- › Relationships
- › Trauma/PTSD
- › Work Stress

Crisis Services

- › **If you are in a crisis**, needing immediate support or someone to talk to, **call 800-832-7733**.
- › Once connected to the on-call counselor for in-the moment support, please note that this is not a counseling session, rather **it is a brief conversation focused on assessing the immediate or urgent safety needs of the individual calling**.
- › **The counselor will listen and consult** with you to assist in providing emotional stabilization and resources available for addressing safety or self-harm concerns. If the caller is in danger of causing harm to self or others, the counselor will stay on the call while assisting the caller in getting immediate support.

How is the Crisis Line Different from a Counseling Session?

- › A **counseling session requires a signed Consent Form** for working with a counselor who is licensed in your state. Informed consent is legally required before entering a client therapist relationship.
- › **An Urgent Call is a brief consultation** meant to assist a caller in receiving in-the-moment support and direction for urgent situations.
- › If the caller would benefit from additional support, but is not experiencing a crisis, they will be directed to **schedule an appointment** with a counselor at their convenience.

Want to make an appointment?

 Call us at (800) 832-7733

Business Hours: Monday – Friday 8:00 AM – 5:00 PM MST

CredibleMind

Life is full of challenges and sometimes, we all need a little extra support. With the right resources at your fingertips, you have the power to take charge of your mental wellbeing. Introducing a wealth of resources and tools to support mental wellness to help you live your healthiest life possible.

CredibleMind covers over 100 topics that can help you and your friends/family:

- › Relieve stress
 - › Sleep better
 - › Beat burnout
 - › Manage anxiety
 - › Prevent depression
 - › Find joy in life
 - › Eat healthier
 - › Become a better parent
 - › Grow stronger relationships
 - › Cope with grief and loss
 - › Develop mindfulness
 - › Manage your time
 - › Develop resilience
 - › Achieve goals
 - › Recover from addiction
 - › Cope with medical diagnosis
 - › Age gracefully
- And more!***

Confidential and available 24/7, with **CredibleMind** you can learn new skills, better understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.



Whatever challenges life throws your way, discover reliable, science-backed resources to support you on your journey.

Take the first step to take charge of your mental health with an entire toolbox of resources from your Intermountain EAP.

‹ **Scan QR code** to get started today or visit:
Intermountaineap.crediblemind.com

Elder Care

If you have questions about how to best assist your elderly loved ones, speaking with an Elder Care expert can help. The Intermountain Employee Assistance Program provides you with access to care professionals who can work with individuals and families to assess their loved one's needs and preferences, discuss care options, and establish an agreeable care plan.

Why use Elder Care?

- › Receive professional support and designed to reduce stress.
- › Identify appropriate care and create an actionable plan for elderly loved ones.
- › Develop family consensus.
- › Receive up to 3 consultation calls per elderly family member.
- › Access to Work Life Resources: Care Coach assists in searching for locally available resources specific to your loved one's needs.

How it Works

- › Call the EAP hotline between 8:00 a.m. and 5:00 p.m. MST and let the agent know you are seeking a referral for Elder Care.
- › The agent will authorize a referral and provide you with the contact information for an Elder Care specialist.
- › Once the referral has been sent, you will need to reach out to the specialist directly to being services and schedule an appointment.

For more information:

 Call us at (800) 832-7733

 eap@imail.org

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 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

How it Works

- › 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.
- › 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.
- › On the day of the appointment the counselor will call the employee to begin the session.
- › Following the appointment, the counselor will follow up with a summary, goals and/or any other applicable information.



Scan the QR code or
click to learn more!

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.

Why use Legal Assist?

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

How it Works

- › 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.
- › 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...
- › 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.*



Scan the QR code or
click to learn more!

Join a CARE Session

Scan or click the QR code to join a CARE Session

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM Grief and Loss 	7:45 AM Meditation 	8:00 AM Stress Management 	12:00 PM Meditation 	8:00 AM Meditation 
1:30 PM Communication and Boundaries 	11:30 AM Stress Management 	12:00 PM Meditation 	1:00 PM Thriving 	11:30 AM Stress Management 
	12:00 PM Self-Care 	12:30 PM Working Mom Balance 		
		1:30 PM Relationship Building 		

Mindfulness

Life becomes more enriching when we are fully present and engaged. Mindfulness, focusing on the present and accepting our thoughts and feelings, enhances mental and physical well-being. It helps manage stress, improve sleep, boost energy, and foster positivity. Intermountain Health's EAP offers evidence-based mindfulness training by qualified instructors.

Mindfulness Training Options:

CARE Sessions

Free, virtual, 15-minute guided meditations focused on the core practices of mindfulness of the breath and self-compassion.

Live Training Courses

Single sessions and multi-week courses address topics like resilience, stress management, and more.

Weekly Meditation Group

A 20-minute deeper dive into compassion meditation, led by Marc Potter, LCSW.

On-Demand Resources

Practice mindfulness habits with on-demand resources created by our EAP experts.



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Live Training Courses

Mindfulness in the Workplace

This 60-minute training is designed to educate participants about the benefits of mindfulness and use this awareness to respond with choice rather than reactivity.

Mindful Compassion for Well-being

A basic 60-minute introduction to mindfulness and self-compassion concepts and practices.

Self-Compassion

This 60-minute session focuses on being more kind, understanding, and gentle with ourselves which increases our capacity to offer the same to others, especially when it's difficult.

Learn to Meditate

A deep dive into the history and practice of meditation. Participants learn formal meditation, mindfulness exercises, compassion practice, and mindful movement. This course is typically taught in a series of four 60-minute sessions, one session per week.



Contact Us

WEBSITE

intermountainhealthcare.org/eap

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(800) 832-7733

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