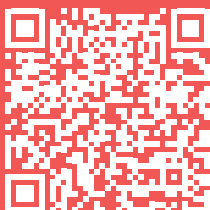


Caring for employees is what we do.

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

Intermountain Health's 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 are all goals that EAP can assist employees to achieve.



Contact Us

Call 800.832.7733 from 8:00 a.m.–5:00 p.m. (MST) to schedule an appointment. A crisis counselor is available by phone 24/7 at the same numbers.

You can also e-mail us at eap@imail.org with non-urgent questions or feedback.

EAP Services

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 dependents ages 6-26.

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

Elder Care: Care Coach is eldercare support for employees, their spouse/partner, and dependents ages 6-26. Find information, resources, and coaching for those aiding aging relatives. We can help identify medical, legal, and financial resources while providing emotional support through the process.

Financial Assist: The EAP provides employees, their spouse/partner, and dependents ages 6-26 with access to professionals who provide free consultations on everything from credit and debt, to purchasing a home, or saving for retirement.

Leader Support: The EAP provides valuable support to leaders to ensure you're leading healthy, productive, stable teams.

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 EAP helps connect employees with a participating attorney for a free consultation either on the phone or in person.

Mental Health Minute: The EAP provides ongoing, live webinars addressing a variety of important topics for employees, including how to leave work at work, dealing with stress, building resilience, and navigating change and transition. Visit the website to get started.

Referrals and Resources: Navigating community resources and knowing who to turn to can be difficult and confusing. The EAP can help you identify appropriate long-term support providers.