

# EAP Guide

## for Intermountain Employee Assistance Program 2025



**The Intermountain Employee Assistance Program (EAP) is a free, confidential benefit for employees and their families, funded by the employer. It offers:**



**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.



**Crisis Support:** 24/7 crisis line and prompt response to adverse events.



**Digital Resources:** Emotional wellbeing app and website with resources like Mental Health Minutes, live webinars, supervisor services, and more available around the clock.



**Elder Care:** Information, coaching, and resources for supporting aging relatives, including medical, legal, financial guidance, and emotional support.



**Legal/Financial Assist:** Free consultations with professionals on topics such as credit, debt, home purchases, and retirement savings.



**Referrals:** Assistance in navigating community resources for ongoing support.