

Employee Assistance Program

When life gets to be too stressful, your Intermountain LiVe Well Employee Assistance Program, or EAP, offered through Provo City School District is there to help. Whether you need to visit with a counselor for some help with depression and anxiety, or you need some help finding a reliable child care service in your area, the Intermountain LiVe Well EAP is your partner in finding ways to help you live a life filled of energy, vitality, and strength. Some of the services offered through the EAP include:

- ❖ **Counseling-** Through the Intermountain LiVe Well Employee Assistance Program, you have access to unlimited counseling sessions with a licensed and experienced counselor to help cope with depression, conflicts at work or with family members, anxiety, and life stress. Services are 100% confidential, free, and unlimited, and are available to employees, spouses or partners, and dependent children under the age of 26. After an assessment of your situation is completed, your counselor can help you develop a plan for improvement. Your counselor will be with you each step of the way until the issue is resolved. Should your situation require a specialist or long-term counseling, your counselor can help refer you to a provider through your medical insurance or community resource.
- ❖ **Help for Caregivers-** Your Intermountain LiVe Well EAP wants to help those who are the primary caregivers to a spouse or relative that is ill, disabled, or needs assistance with the basic activities of daily living. Count on your EAP to help you find medical, legal, and financial resources to help as well as provide emotional support to help you as the caregiver.
- ❖ **Crisis Services-** Intermountain LiVe Well EAP has a 24/7 telephone crisis service that will provide you with access to a mental health professional. To access this service, call Intermountain LiVe Well's customer service line at 800-832-7733.
- ❖ **Intermountain LiVe Well Website -** Valuable resources are only a click away at the Intermountain LiVe Well website. Find a section of Quick Tips for common life problems, a list of favorite books, as well as details on Intermountain LiVe Well's office locations and staff biographies. Sign up for their bi-monthly LiVe Well E-Tips newsletter from the website as well.
- ❖ **Contact Information -** To get in touch with Intermountain LiVe Well EAP, call their customer service line at 800-832-7733, or visit them online at www.intermountainhealthcare.org/eap.

If you have any questions, please contact Cat Miner at (801) 370-4655 or Benefits at (801) 374-4879.