

Your mental health partner



The Intermountain Employee Assistance Program (IEAP) is designed to help you create positive relationships at home and work, effectively manage stress, and thrive during times of change.

Available on your plan for no added cost.

- Up to four counseling sessions per incident, per family (children ages 6 to 26) for life problems impacting your mental, emotional, and social health
- 24/7 crisis response
- Web-based resources and trainings

Elder care support.

- Professional support designed to reduce caregiver stress
- Help identifying appropriate care and creating actionable plans for elderly loved ones

Call **800-832-7733** and ask for Elder Care Support to learn more.

Legal and financial counseling.

Members can meet for up to 30 minutes with a legal and/or financial expert who can point them in the right direction and assist them in finding resources for long-term support.

Caregiver support.

Information, resources, and coaching for employees caring for a spouse or relative who is ill, disabled, or in need of help with basic daily living activities.

Want to learn more?

Visit intermountainhealthcare.org/eap or scan the QR code.



Contact us.

Call **800-832-7733** weekdays, from 8:00 a.m. to 5:00 p.m. (MST) to schedule an appointment or scan the QR code.

Crisis counselors are available 24/7 by calling the number above.



**Select
Health**

Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電

Select Health Advantage: 855-442-9900 (TTY: 711) / Select Health: 800-538-5038.