



The EAP benefit is paid totally by the district. If you are covered by the district's medical plan, you will automatically receive the EAP benefit, half-time employees included.

Healthy living goes beyond eating a balanced diet and physical exercise. Emotional well-being, strong personal / working relationships, positive attitudes on life, family, and work is critical for a healthy lifestyle. There are times, we may not be able to cope with the stresses of everyday life, or we may feel unable to resolve all the decisions associated with personal, family issues, or career challenges. In such cases, it's a relief to have someone to turn to.

Rocky Mountain EAP (RMEAP) is that someone. RMEAP professional services are designed to help you and your dependant family members cope with a variety of personal, family or career challenges. These services are provided in collaboration with your employer or health insurer.

- ◆ **Confidential**, professional counseling for you and your dependant family members
- ◆ No out-of-pocket expenses
- ◆ Toll-free, 24-hour hotline
- ◆ Prompt, timely and convenient counseling, with a provider of your choice, in a location of your choosing, within the provider network
- ◆ Referral to community services or programs, when and if necessary

Remember: The decision to use RMEAP is voluntary and most importantly, **confidential**. To schedule an appointment, simply call 1-208-227-0152, or 1-866-260-9490.

Professional Services

RMEAP therapists are caring and experienced individuals. Each one is certified and licensed by state agencies. The scope of work that RMEAP provides covers a wide range of issues including:

- | | |
|-------------------------------------|-----------------------|
| ◆ Abuse (Mental/Physical/Emotional) | ◆ Managing Stress |
| ◆ Marriage | ◆ Alcohol/Drug Abuse |
| ◆ Depression | ◆ Relationships |
| ◆ Family Related Issues | ◆ Work Related Issues |
| ◆ Grief | ◆ Anxiety |

The RMEAP Cornerstone is Confidentiality

All discussions (during your therapy sessions) between you and your EAP therapist are **confidential**. RMEAP therapists follow federal laws and regulations regarding **confidentiality**.

Confidential assistance with work/life issues is only a call away

Please call 1-208-227-0152, Monday through Friday, during regular business hours, for an appointment. The 24hr Hotline is available for crisis situations: 1-866-260-9490.

Your EAP Provides...

- Professional therapists who hold a masters or above in psychology, counseling, social work or other directly related fields of study, and who are trained to assist in personal or work related issues.
- Confidential counseling for you and your immediate family.
- No out-of-pocket expense to you.
- Therapists located within most communities, offering prompt, convenient, accessible and confidential counseling services.
- Referrals to professionals outside of the scope of the EAP that are typically covered by your health insurance.
- Referrals to programs or community services.
- Toll-free 24-hour hotline.

If you have questions, require further information, or to arrange an appointment with an EAP Therapist located in your community, call:

Rocky Mountain EAP

1-866-260-9490
or
208-227-0152.

Thank You

Rocky Mountain EAP
Your Employee Assistance Program

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