

# Employee Assistance Program (EAP)



## City of Billings, Employee Assistance Program – Managed by St. Vincent Behavioral Health

### For Appointments or questions:

In Billings - 237-3585  
Outside Billings - 888-662-5461  
24 -Hour Crisis Hotline - 888-662-5461

St. Vincent Healthcare - Behavioral Health  
Yellowstone Medical Building  
2900 12th Avenue North, Suite 280W

Office Hours: Monday- Thursday, 7 a.m. – 6 p.m.



### EAP Benefit details

#### → **Eight (8) FREE** counseling sessions annually, Jan. 1 thru Dec. 31 for all permanent positioned employees:

- This benefit is available to employees in permanent city positions. This benefit also applies to any of your dependents on the City of Billings health insurance “medical” plan.
- To utilize your EAP benefit, call St. Vincent Behavioral Health to coordinate your appointment, please inform them this is your City of Billings - EAP benefit.
- Please arrive early for your appointment to allow time for registration. You will need your EBMS insurance card at your first appointment so that it is on file. If you exceed your annual free EAP sessions, after that it will process through your medical insurance plan.

***This EAP is for basic counseling. If you have a specialty situation, you will be referred to other providers and you will need to utilize your health insurance, not the EAP benefit. Also, if you want to use your own selected provider outside of our EAP vendor, you will need to utilize your health insurance, not the EAP benefit.***

## ST. VINCENT - BEHAVIORAL HEALTH

### What is St. Vincent Healthcare EAP?

The St. Vincent Healthcare Employee Assistance Program (EAP) is a benefit to employees that offers confidential, short-term basic counseling services for you and your family. This City of Billings sponsored benefit is provided at no cost to you as described in this flier.

### Why use EAP?

We all face personal challenges throughout our lives. Sometimes, we need help working through a problem in order to gain perspective and regain a sense of control. If you feel the need to take some time for yourself, to talk freely about the problems and challenges that concern you or your family, EAP can help. Our professional caring staff is available to provide counseling and if needed, referrals to other resources that may be helpful to you.

### Our multi-disciplinary team treats:

- Depression
- Posttraumatic Stress
- Addictive Illness
- Attention Deficit
- Marital and Relationship Issues
- Issues of Aging
- Anxiety
- Stress
- Grief and Loss
- Parent/Child Issues
- Adjustment to Illness and Injury