



## **City of Billings – EAP Benefit**



### **Employee Assistance Program - Managed by St. Vincent Behavior 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 12<sup>th</sup> Avenue North, Suite 280W

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

### **City of Billings EAP Benefit details for Non-Bargaining, Fire Union, Police Union & Teamsters Union:**

-Eight (8) **FREE** counseling sessions annually, January 1 thru December 31

- 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 ID 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.



## Employee Assistance Program (EAP)

### ST. VINCENT PHYSICIANS - 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 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.

#### **Outpatient Mental Health Services**

St. Vincent Physicians - Behavioral Health offers a comprehensive array of mental health services for all ages. Our licensed mental health professionals provide caring, personalized outpatient services. We coordinate your care with your medical doctor.

Our multi-disciplinary team treats:

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

Our therapeutic services include:

- Marital and Relationship Counseling
- Stress Management
- Individual Counseling
- Crisis Intervention