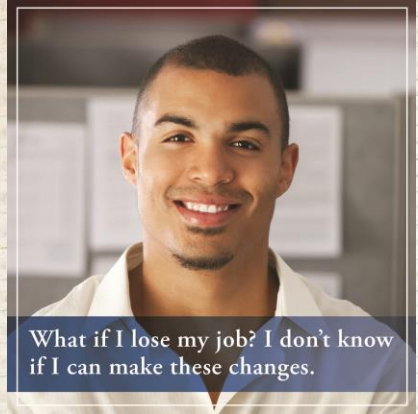




ideas to assist with life's challenges



What if I lose my job? I don't know if I can make these changes.



I can't concentrate today. I hope I don't make a serious mistake.

Seeking counseling can help us improve the quality of our lives and our relationships.



For more information or free counseling call Intermountain EAP at 1.800.832.7733.

Visit our website at intermountainhealthcare.org/eap

Me? See a Counselor?

Life presents many challenges and sometimes talking to a counselor who is a neutral party can be helpful.

The counselor will carefully listen to you and help you use your strengths to solve problems and learn new skills. It isn't a sign of weakness or craziness to see a counselor. It's a sign that you are willing to look for solutions. Everyone will confront a problem in their life when the solution is not obvious. Talking with a non-judgmental listener helps you sort out your thoughts and feelings and this can lead to personal insight and answers. Typically, a lot of progress can be made in just a few sessions.

To make an appointment with an EAP counselor, call 1.800.832.7733. This service is completely confidential and free. No information is ever released without your written permission unless there is a report of abuse.

How will I know if the counseling is helping?

Here are some questions to help you decide:

- Am I comfortable with my counselor and treatment?
- Do I feel understood?
- Are my needs being addressed?
- Have the counselor and I agreed upon the goals of my counseling?
- Can I alter my goals at any time?
- Am I making progress toward my goals?
- Do I trust my counselor?
- Does my counselor behave professionally?

You should be able to answer yes to all of these questions. If you have any concerns, discuss them with your counselor or ask to see another counselor.