



EAP Expands - Increasing Visits

August 17, 2020

Dear State Employees:

It's difficult to do anything without hearing about the coronavirus or being reminded of its disruption in our daily lives. Although many people are talking about Covid-19, sometimes you may need someone to talk through the additional stress, anxiety and uncertainties this pandemic has brought in to our lives. One of the most valuable tools for employees and their household members is our Employee Assistance Program (EAP).



Effective immediately, we will be expanding the EAP benefits to include **two additional visits** and additional resources for employees and their household members. As we look ahead to the coming months, we recognize that increased concerns will continue as we navigate the many challenges we are facing through the remainder of 2020. Our mental health is an important part of our overall health and wellbeing. In these crucial moments, it's important to know that help is available.

Below is an outline of the expanded benefits being offered by our Employee Assistance Program.

- **Two additional counseling visits.** State employees and their household members will now have available **up to 6 free face-to-face, video or telephonic counseling sessions**.
- **Telephonic and Online Consultations.** Employees will have additional access to licensed counselors for telephonic or online consultations.
- **Peer Support Groups.** Online support groups are available for a variety of issues including addiction, depression, bipolar, anxiety, post-partum, and caregiving. Additionally peer support groups will be offered for parents facing back-to-school challenges, homeschooling and supporting children during these challenging times.
- **Supervisor Consultations.** All managers and supervisors will have access to phone consultations, trainings and support for COVID-19 resources, critical incidents, employee referrals, and mental health issues in the workplace.

You can access EAP benefits and comprehensive resource information at <https://www.ibhsolutions.com/> (access code: **Montana**) or by calling **Reliant Behavioral Health** at **1-866-750-0512**.

Additional updates and resources are also available at <https://hr.mt.gov/Programs/Workforce-Wellness>. If you have specific questions regarding employee- or manager- assistance programs, please contact us at eap@mt.gov or call 406-444-1345.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).