

**Employee Assistance Program:**

Employee Assistance Program (EAP) from APS Healthcare provides short-term, confidential counseling to you and your family in collaboration with Mann Mortgage LLC and BCBS. Emotional wellness, strong personal relationships, and positive attitudes are important building blocks of health that need to be maintained. This program provides professional support services designed to help people cope with a variety of personal and career-related issues:

Stress/Anxiety  
Parenting  
Aging  
Grief  
Finances  
Depression  
Relationships  
Child/Elder Care  
Workplace  
Abuse  
Alcohol/Drugs  
Marriage  
Legal  
Family

Many problems can be addressed directly with your EAP professional, but some may require referral to other resources. Your EAP professional will research the most appropriate and affordable resources to help meet your needs.

EAP services are confidential and available 24 hours a day at no out-of-pocket cost.

For an appointment, please call during regular business hours, Monday through Friday:

Billings 254-6263  
Bozeman 587-8238  
Butte 782-0471  
Helena 443-1127  
Kalispell 752-6443  
Missoula 327-7000

All other locations: 800-999-1077

Crisis services are available 24 hours a day, seven days a week.  
Crisis Line 800-833-3031