



## EMPLOYEE ASSISTANCE PROGRAM (EAP)



**Saint Alphonsus**

A Member of Trinity Health

**Caring, Compassionate, and Confidential** is at the heart of the Saint Alphonsus Employee Assistance Program. Our counselors are dedicated to supporting your team members, so they can remain productive and healthy – physically, mentally, and spiritually.

Since 1981, clients have entrusted their mental health and well-being to our counselors. Our licensed counselors practice at the Master's level and concentrate on whole-person care.

Applying an integrative approach to mental health and well-being, your team members will benefit from our mental health services, which include:

- Treatment for anxiety and depression
- Marital and family relationship counseling
- Substance abuse and addiction treatment
- Critical incident stress debriefing from a traumatic event
- Couples, individual, or family counseling
- Loss or bereavement counseling
- In-person or virtual appointments



**JARED BELSHER**  
MA, LCPC, NCC



**JENNY LEE DOTY**  
MSW, LCSW



**MELISSA YOUNG**  
MSW, LCSW

### LOCATIONS

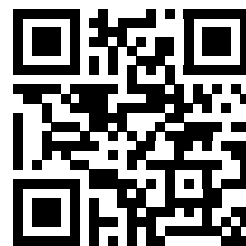
#### BOISE

6140 W Emerald St  
Boise, ID 83704

#### NAMPA

4424 E Flamingo Ave, Suite 250  
Nampa, ID 83687

### TO LEARN MORE



Scan this code or contact us at:

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