Caring, Compassionate, and Confidential is at the heart of the Saint Alphonsus Mental Health and Well-Being Clinic. Our counselors are dedicated to supporting your team members, so they can remain productive and healthy – physically, mentally, and spiritually.

For thirty-eight years, 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 body of knowledge which includes:

- Anxiety and depression
- Marital and family relationship counseling
- Substance abuse or addiction
- Critical incident stress debriefing from a traumatic event
- Couples, individual, or family counseling
- Mindfulness based stress reduction
- Loss or bereavement

At Saint Alphonsus, our values are central to the treatment of mental health and well-being.
- Reverence
- Commitment to Those Who are Poor
- Justice
- Stewardship
- Integrity
- Safety

6140 Emerald Street
Boise, ID 83704
(208) 367-3300
EAPWellBeing@SaintAlphonsus.org