

Employee Assistance Summary of Services



ASSISTANCE
by **bhs**

What is an EAP?

Provided by BHS, your Employee Assistance Program (EAP) provides you and your household members with **free, confidential, in-the-moment support** to help with personal or professional problems that may interfere with work or family responsibilities.

What Happens When You Call the EAP?

A Care Coordinator (master's level clinician) will confidentially assess the problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator may resolve your need within the initial call; assess your need as a short-term issue, which can be resolved by an EAP counselor within the available sessions; assess your need as requiring long-term care and assist with connecting you to a community resource or treatment provider available through your health insurance plan.*

Common Reasons to Call Your EAP

| Relationships | Life Events | Risks | Challenges |
|--------------------|--------------------------|------------------------|---------------------------|
| Boss/ Co-worker | Birth/Death | Burnout/Anger | Daily responsibilities |
| Customers | Health/ Illness | Depression/ Anxiety | Financial/Legal |
| Friends | Marriage/Divorce | Suicidal thoughts | Parenting |
| Spouse/Kids | Promotion/ Retirement | Substance abuse | Stress/ Conflict |

PROGRAM FEATURES:



Program Cost

This benefit is provided at NO COST* to you and is paid for by your employer.



Confidentiality

BHS follows all federal and state privacy laws. When you speak with us, you can trust that your conversations and information will be kept completely confidential.

Information about your problem cannot be released without your written permission.



Available 24/7

Services are available 24-hours a day, 7-days a week via a toll-free number.

Help is just a phone call away.

Call or text to access services.

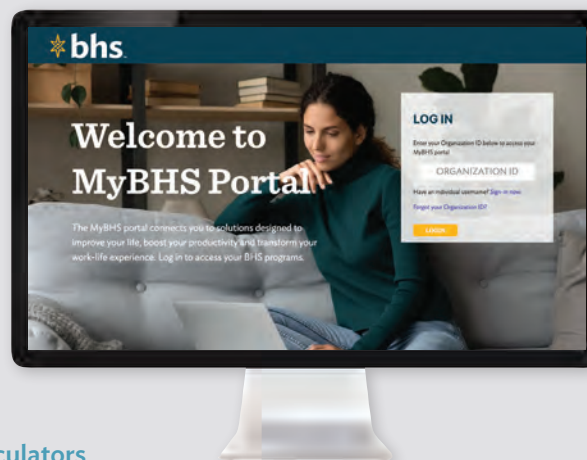
800-327-2251

MyBHS Portal

The mobile-friendly MyBHS customer portal provides access to more than 500,000 tools and resources on a variety of well-being and skill-building topics.

Features:

- ✓ Program Information
- ✓ Access to Services
- ✓ Announcements
- ✓ Assessments
- ✓ Café Series Webinars
- ✓ Training Center
- ✓ Calculators
- ✓ Legal Forms
- ✓ News & Tips
- ✓ And more...



Access the MyBHS Portal
online or via the app.

portal.BHSONline.com

ID: **KAI**



BHS

Download on the
App Store

ANDROID APP ON
Google play

* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.