

Employee Assistance Summary of Services



ASSISTANCE
by **bhs**

What is an EAP?

Your Employee Assistance Program (EAP) provides you and your household members with free, confidential assistance to help with personal or professional problems that may interfere with work or family responsibilities.

How Does it Work?

A Care Coordinator will confidentially assess the problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you achieve your desired outcomes.

What is Included?

You and your household members can receive up to **8 short-term problem resolution sessions** (which include assessment, follow-up and referral services) per issue, per year.

Common Reasons to Call Your EAP

- Depression/anxiety
- Grief/loss
- Trauma
- Anger
- Job loss/stress
- Chronic conditions
- Diagnosis of disease
- Chronic pain
- Injury/accidents
- Suicidal thoughts
- Addiction
- Substance abuse
- Career stress
- Work-life balance
- Relationship issues

Program Features:

- Services are available 24-hours a day, 7-days a week via a toll-free number.
- This program is a FREE benefit provided and paid for by your employer.
- BHS adheres to federal and state privacy laws and holds client information in the strictest of confidence. Information about a client's problem cannot be released without the written permission of that individual.

Contact Your EAP

Help is just a phone call away.
Simply call BHS' toll-free number:

800-327-2251

MyBHS Portal

MyBHS Portal contains a variety of resources to help improve your overall wellbeing, including articles, videos, health assessments, quizzes and interactive tools.

You can view program announcements, access Live Chat, read monthly newsletters and tip sheets, register for events, participate in regularly scheduled webcasts and more.

1. Visit portal.BHSONline.com.

2. Enter MyBHS username **IBEW** and click the "Login Now" button.

3. Browse through resources including articles, videos, health assessment tools, quizzes and interactive tools.

