

Mental Health Therapy Guide+Thrive

Support services for when life gets challenging



What is Guide+Thrive?

Guide+Thrive, delivered by BHS, provides you and your household member with free, confidential support to help with personal or professional problems, concerns or challenges that interfere with feeling or performing at your best.

How does it work?

When you reach out, BHS will:



ASSESS

Speak with a master's level clinician who will provide:

Immediate emotional support

Holistic needs assessment

Collaborative support plan



SUPPORT

Connect you to appropriate support which may include:

Coaching

Short-term counseling

Long-term care

Work-life resources

Digital and community resources



THRIVE

Provide ongoing support to:

Motivate you to complete your support plan

Ensure satisfaction with support and resources

Have a successful resolution

COMMON REASONS TO CONTACT BHS

Anxiety

Anger

Burnout

Career stress

Crisis support

Depression

Financial

Grief and Loss

Health/Illness

Legal

Life events

Marriage/Divorce

Relationships at work

Struggling with daily responsibilities

Substance abuse

Suicidal thoughts

Work/Life balance

Work conflicts



CONFIDENTIAL

Guide+Thrive is completely confidential. Information about your use of Guide+Thrive cannot be released without your written permission.



AVAILABLE 24/7

Services are available 24-hours a day, 7-days a week.



FREE

Guide+Thrive is provided at **NO COST*** to you and is paid for by your employer.

Connect with us Today

(866) 270-0762



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