



Through BHS

EAP -EMPLOYEE ASSISTANCE PROGRAM

What is an EAP?

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 program, 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

- Boss/Co - worker
- Customers
- Friends
- Spouse/Kids

Transitions

- Birth/Death
- Health/Illness
- Marriage/Divorce
- Promotion/Retirement

Risks

- Burnout/Anger
- Depression/Anxiety
- Suicidal thoughts
- Substance abuse

Challenges

- Daily responsibilities
- Financial/Legal
- Parenting
- Stress/Conflict

Program Features



Program Cost

This is a FREE* benefit provided and paid for by your employer at no cost to you.



Confidentiality

BHS follows all federal and state privacy laws. When you speak with us, you 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.



CONTACT:

Phone: 800-327-2251

Website: portal.BHSONline.com
(username: EDUCATORS)

CHILD CARE

BHS provides up-to date, carefully screened, national resources and referrals for a range of childcare needs including:

- Adoption
- Family Daycare/ Group Homes
- Nurseries/Preschool
- Before and After School programs
- Nanny and Au Pair Services
- Summer Camps

ELDERCARE

BHS provides up-to date, national resources and referrals for a range of eldercare needs including:

- Home-Based Services: Nutrition, Meals on Wheels, Cleaning, Repair
- In-Home Care
- Older Adult Services
- Inpatient Services
- Transportation Services
- Housing

LEGAL

When faced with a legal matter, simply contact BHS and you will be connected to an attorney with experience specific to your needs. Legal benefits under the program include:

- Free 30-minute consultation
- Each consultation must be over a new legal topic
- 25% off the attorney's hourly rate

FINANCIAL

You and your household members can access unlimited telephonic financial counseling, information and education from BHS's team of highly-trained counselors. Typical financials include:

- Budgeting
- Credit Counseling
- Retirement Funding
- College Funding
- Debt Management and Consolidation

CONVENIENCE CARE

With the EAP, finding what you are looking for is just a phone call away. BHS provides up-to-date, national resources and referrals for a range of needs, such as:

- Adult Education Classes
- Concert, Sport, and Theater Tickets
- Personal Shoppers
- Airfare, Hotel, and Car Rental
- Contractors, Handymen, Plumbers, etc.
- Pet Care

* If you require a referral for long-term treatment, costs may be incurred. Please reach out to your insurance provider for further details on your health plan.