

# Employee Assistance Program



EAP services are available to all employees and household members.

What Happens  
When You  
Call BHS?





I'm Lakeeta, your  
dedicated master's level  
Care Coordinator

I help in all  
areas of your  
life



Emotional



Physical



Work



Financial



Social

# Here is how I assist you



**In-the-moment support** and crisis counseling



Holistic needs assessment



Clinical recommendations



Personalized care planning



**Appointment facilitation**



Ongoing **follow up** and support

# The Next Steps



**In-the-moment  
support**



**Coaching or  
short-term  
counseling**



**Long-term care**



**Additional  
assessment**



**Well-Being  
resources**

# APPOINTMENT PROMISES

## Time

Emergent – within 24 hours

Urgent – within 48 hours

Routine – within 5 business days\*

## Distance (in person)

Urban – within 5 miles

Suburban – within 10 miles

Rural – within 30 miles\*\*



# Common Reasons to Contact Your EAP



## ASSISTANCE



### Relationships

Spouse/Kids  
Boss/Co-worker  
Customers  
Friends



### Transitions

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



### Risks

Depression/Anxiety  
Suicidal thoughts  
Burnout/Anger  
Substance abuse



### Challenges

Stress/Conflict  
Financial/Legal  
Parenting/Balance  
Daily responsibilities

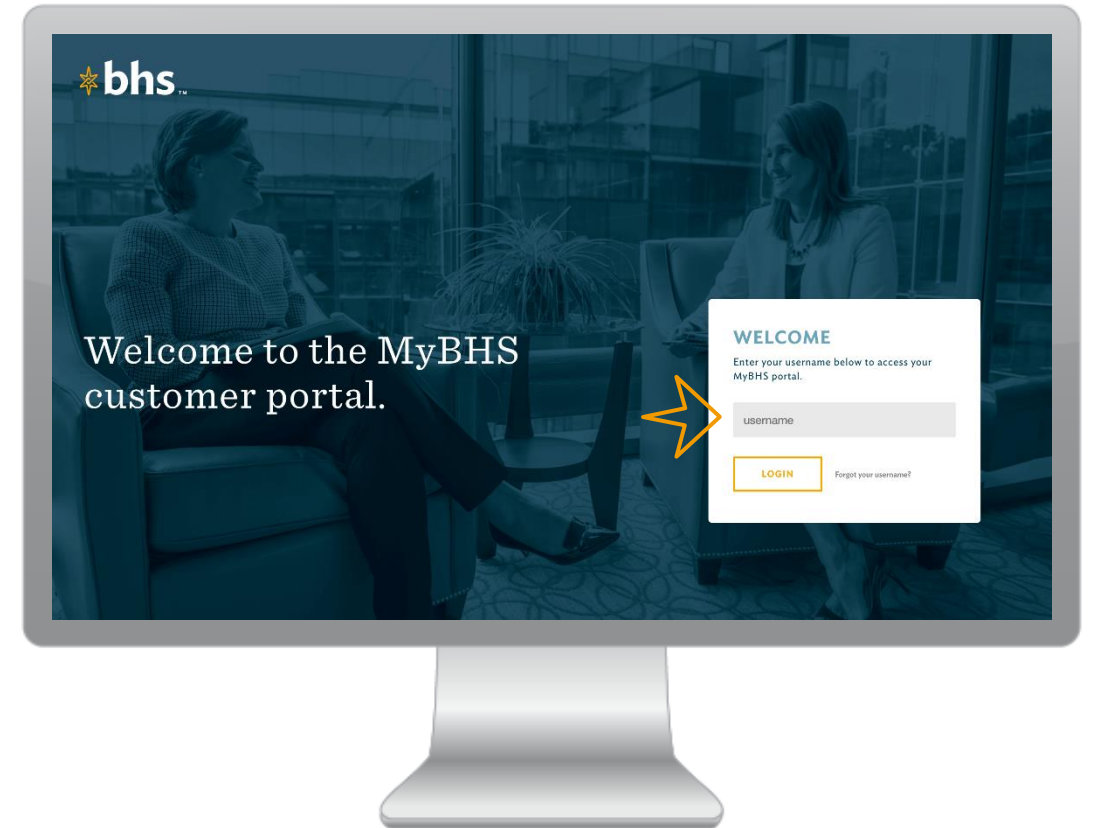
# MyBHS Portal and App



# Prefer Online Access?

The MyBHS portal provides access to a variety of trusted online resources to help improve your overall well-being.

1. | Visit [portal.BHSONline.com](https://portal.BHSONline.com)
2. | ID: HOOD
3. | Click “LOGIN”



# Navigating the MyBHS Portal



# Download the BHS Mobile App



One-touch  
Dialing



Live Chat



Ask a  
Question



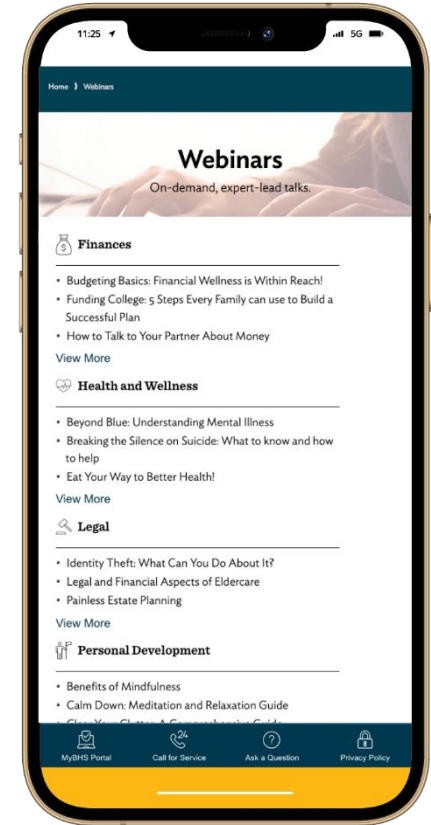
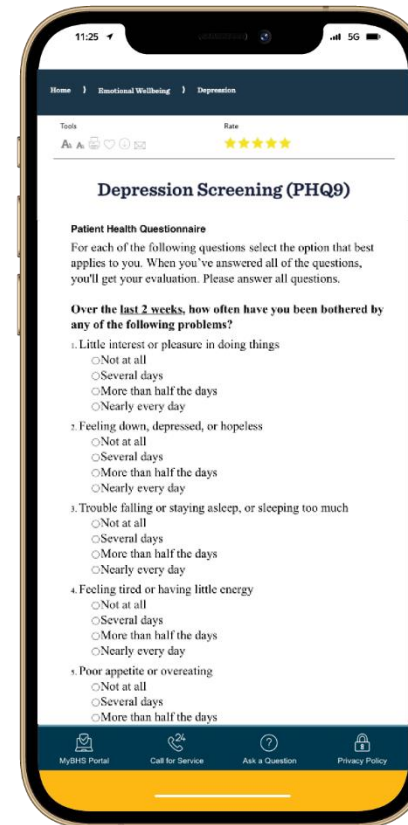
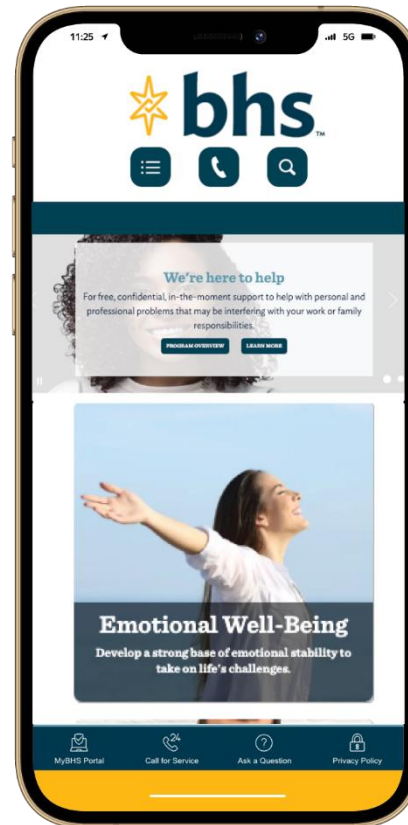
Articles



Assessments



Trainings and  
Webinars





ASSISTANCE



Care Coordinator: 800-327-2251

Available 24 hours a day, 7 days a week | Language Line / TTY Accessible

portal.BHSONline.com | ID: H00D

