



THE EAP

An Employee Assistance Program (EAP) is a professional service providing assessment, short-term counseling and referral to appropriate treatment providers or programs when needed. It is a company benefit, provided by your employer at no cost to you.

WHY USE THE EAP?

People use the EAP for a variety of reasons. The following are examples of situations where accessing EAP benefits may be helpful:

- You are preoccupied with a problem
- You know something is wrong, but you can't seem to identify the nature of the problem
- You are having physical, ongoing signs of stress like headaches, upset stomach, insomnia, etc.
- You need an objective point of view about a problem
- You've tried various solutions, and none seem to work
- The situation is affecting your work and/or your personal relationships
- experiencing a major life transition.

TO ACCESS YOUR BENEFITS

call BHS at 800-245-1150. Your designated Care Coordinator will speak with you about your company's benefits. You may also visit www.behavioralhealthsystems.com for more information.

Your EAP can help with the following issues:

- Stress & Depression
- Personal Relationships
- Marital/Family
- Parent-Child Conflict
- Grief & Loss
- Coping after a Tragedy
- Work-Related Problems
- Alcohol & Drug Abuse
- ADD/ADHD
- Childcare
- Life Transition
- Eating Disorders

YOUR BENEFIT

There are never any claims to file and EAP visits are covered at 100%. Your use of the EAP is completely confidential. In addition to referral for assessment, counseling or medication management, your BHS Care Coordinator can assist you in determining the appropriateness and availability of community resources, such as support groups, that may be beneficial.