

Building Better Mental Health

EAP EMPLOYEE ASSISTANCE PROGRAM



Stress, work/life balance, financial concerns. Through your EAP, you can take control of your mental health by learning to cope with problems, handling your emotions or simply feeling more positive. Call your BHS Care Coordinator to schedule a free, confidential appointment.



Behavioral Health

Referrals for mental health and substance abuse



Legal & Financial

Budgeting, debt, financial and legal planning/advice



Well-Being

Stress management, work/life balance, emotional health



800.245.1150

www.behavioralhealthsystems.com

* Benefits may vary. Call BHS.