

# Employee Assistance Program





The BHS Employee Assistance Program (EAP) provides free, confidential, 24/7 support to **help you succeed** at work and life

EAP services are available to all employees and household members.



# Common Reasons to Contact the EAP

Parenting

Grief/Loss

Time Management

Personal Stress

Boss/  
Co-workers

Anxiety

Trauma

Life Transitions

Suicidal Thoughts

Substance Misuse

Relationships

Work-Life Balance

How Can You  
Connect with the  
Employee  
Assistance Program?



# Choose How You Connect With Us



Call



Text



Live Chat



Online Form



Mobile App

What Happens  
When You  
Call the Employee  
Assistance Program?





**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

# I connect you to the right resources



Community Resources



EAP Counselor



Employer Benefits and Resources



Treatment Provider or Facility



Health Insurance Network



Digital Tools and Online Resources

# The Next Steps



**In-the-moment  
support**



**Coaching or  
short-term  
counseling**



**Long-term care**



**Additional  
assessment**



**Well-Being  
resources**



# I match you to the right resource



## Specialty

- All
- Abuse
- ADD/ADHD
- Addiction

## Race

- All
- African American
- Asian
- Caucasian

## Availability

- Tuesday Afternoon
- Tuesday Evening
- Wednesday Morning
- Wednesday Afternoon

...using the best  
modality for you



In Person



Telephonic



Virtual



**You can continue to call, text or email me – I am here for you**

MyBHS Portal





# Navigating MyBHS Portal



The screenshot shows the MyBHS Portal interface with the following callouts:

- News Alert:** Points to a red banner at the top of the main content area that reads "NEWS ALERT California Wildfires".
- Featured Webinar:** Points to a section titled "Featured this month: Healthy Holidays Ahead" which includes buttons for "Webinar", "Quick Tip", and "More Resources".
- Resources:** Points to a row of four service tiles: "BHS Program Info", "Emotional Well-Being", "Crisis and Disaster", and a "Live Chat" button.
- En Español:** Points to the "EN ESPAÑOL" link in the top navigation bar.
- Search:** Points to the "SEARCH" input field in the top right navigation area.
- Contact BHS:** Points to the "CONNECT WITH US" section, which includes the phone number "1-800-327-2251" and the text "Online Request for Services".
- Live Chat:** Points to a yellow chat bubble that says "Is there anything I can help you with today?".

# Navigating MyBHS Portal



Café Series  
Webinars  
Training Center

# Download the BHS Mobile App



One-touch  
Dialing



Live Chat



Ask a  
Question



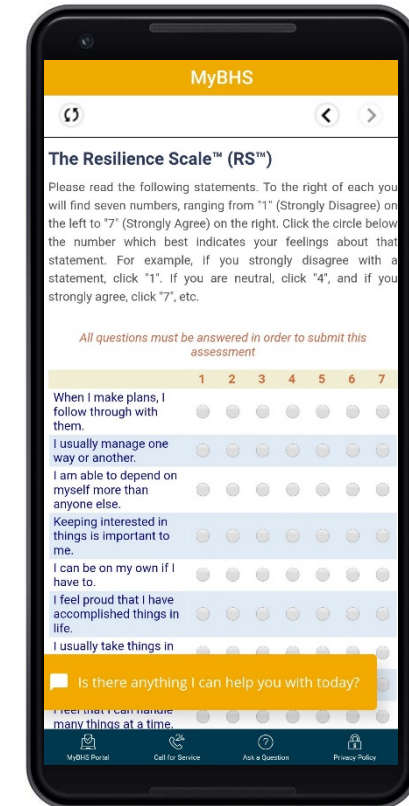
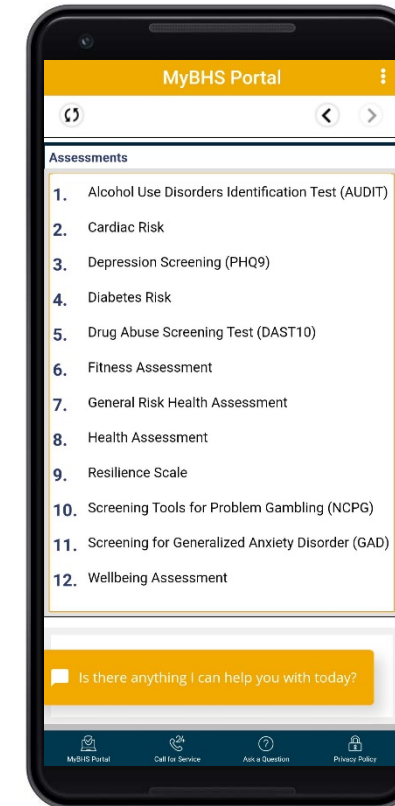
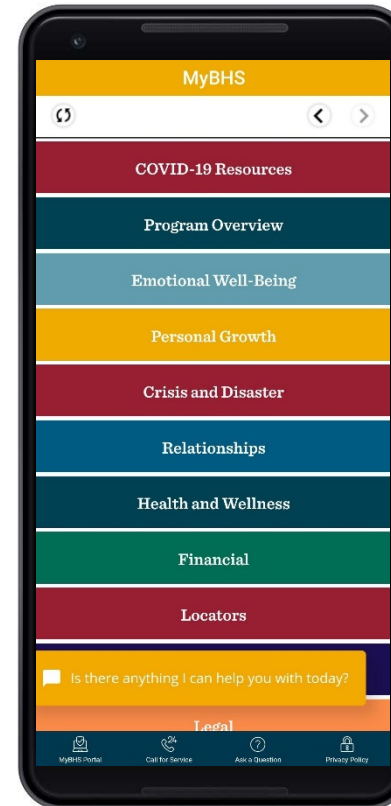
Articles



Assessments



Trainings and  
Webinars



# Take Out Your Phone

- Open your Contacts application
- Add new contact
- Name: **Employee Assistance Program**
- Phone: **800-327-2251**
- Company: **BHS**
- Website: **portal.bhsonline.com**
- Username: **CityofChesapeake**



# Program Cost, Availability and Confidentiality



## Program Cost

EAP services are provided and paid for by City of Chesapeake at no cost to you.



## Confidentiality

BHS adheres to all federal and state privacy laws. Access to services is confidential and identities are secured and protected.



## Availability

Services are available 24 hours a day, 7 days a week, 365 days a year.

# Contact BHS

Talk to BHS: **800-327-2251**

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

Online: **portal.BHSONline.com** | Username: **CityofChesapeake**

