

Employee Assistance Summary of Services



What is an EAP?

Provided by BHS, 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.

ASSISTANCE
by **bhs**

What Happens When You Call the EAP?

A Care Coordinator (master's level clinician) will confidentially assess the problem, 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	Life Events	Risks	Challenges
Boss/ Co-worker	Birth/Death	Burnout/Anger	Daily responsibilities
Customers	Health/ Illness	Depression/ Anxiety	Financial/Legal
Friends	Marriage/Divorce	Suicidal thoughts	Parenting
Spouse/Kids	Promotion/ Retirement	Substance abuse	Stress/ Conflict

Coming
January 1, 2023

PROGRAM FEATURES:



Program Cost

This benefit is provided at NO COST* to you and is paid for by your employer.



Confidentiality

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

Help is just a phone call away.

Call or text to access services.

800-327-2251

MyBHS Portal

The mobile-friendly MyBHS customer portal provides access to more than 500,000 tools and resources on a variety of well-being and skill-building topics.

Features:

- ✓ Program Information
- ✓ Access to Services
- ✓ Announcements
- ✓ Assessments
- ✓ Café Series Webinars
- ✓ Training Center
- ✓ Calculators
- ✓ Legal Forms
- ✓ News & Tips
- ✓ And more...



Access the MyBHS Portal
online or via the app.

portal.BHSONline.com

ID: **MORGANSTATE**



BHS

Download on the
App Store

ANDROID APP ON
Google play

* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.



Introducing Your New Employee Assistance Program

Dear Employees,

We are excited to announce that as of January 1st, we have partnered with BHS to offer a high-touch Employee Assistance Program (EAP) provider.

Ensuring that you have access to timely and high-quality resources that help you be at your best is a top priority for Morgan State University. This new program is **free, highly confidential and is available 24/7** to all employees and household family members.

Here are some of the highlights of the available services:

- Connect to a master's level clinician for in-the-moment support and guidance when you need someone to talk to
- Behavioral health resource navigation including short-term counseling support
- Consult with a legal or financial expert
- Request childcare or eldercare referrals
- Access to lifestyle management resources
- Participate in trainings or the monthly webinar series

To connect with a Care Coordinator, call **800-327-2251**. You can also:

- Visit the MyBHS portal at portal.bhsonline.com and enter username: 'MORGANSTATE' to connect via Live Chat or request services through an online form.
- Download the BHS App on your phone for quick one-touch dialing and access to the MyBHS portal (search "BHSApp")

We sincerely hope that you will take advantage of this free resource and welcome your feedback as you begin to interact with BHS.

Sincerely,

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Work Life Services



LEGAL

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

- Free 30-minute consultations
- In office or telephonic with local plan providers
- Each consultation must be over a new legal topic
- 25 percent off the attorney’s hourly rate when an hourly rate is quoted for services beyond consultation



FINANCIAL

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

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

Locator Services



LOCATOR

BHS shall provide participants with a resource that allows for searches to be performed based on specific requirements regarding child and eldercare needs. This resource is available through the MyBHS portal.



Better begins today.
Call or text to access services.
800-327-2251

