Employee Assistance Program

Your Employee Assistance Program (EAP) is a well-being benefit that provides:

- Free & Confidential Counseling
- Personal Growth Support
- Stress Management Assistance
- Legal Assistance & Will Maker Programs
- Financial Consultations & Calculators
- Wide Range of Member Resources: Mental Health, Parenting, Eldercare, & more.

Accessing your benefits is easy, confidential, and no cost to you.

You can start your counseling sessions in three easy ways: **Call, Text, or Go Online.**

Call 1-800-726-0003

Text 208-336-4275

Go Online at: www.bpahealth.com/portal-login/

Next, you can browse Member Resources, locate a preferred Provider, and access Virtual Counseling through the BetterHelp Login.

Get started today at **www.bpahealth.com**
Username: Your employer's **company name**
Password: **8007260003**

Crisis Counselors Available by Phone 24/7

Service Providers in Your Area

Confidential and Secure