



Take Charge of Your Mental Health

Your mental health deserves just as much attention as your physical well-being. When you prioritize your mind, you empower yourself to navigate life with resilience, balance and clarity. Your BHS benefits can set the foundation for a healthier, happier future—because you and your family deserve to thrive, inside and out.



Check-in with Yourself

Take a few moments daily to reflect: how are you really feeling? Acknowledging your emotions builds self-awareness and helps you recognize patterns that may need attention



Protect your Peace

Whether it's limiting screen time, saying no to overcommitment or carving out personal time—boundaries are essential and help protect your emotional energy



Preventative Care Matters

Seeking help is a sign of strength, not weakness. Whether it's a therapist, trusted friend or support group, having someone to talk to can make all the difference for you and your family



800.245.1150
www.behavioralhealthsystems.com
Benefits may vary. Call BHS.



Accessing Your BHS Benefits

Contact your designated BHS Care Coordinator at 800-245-1150 or visit the BHS MemberAccess online portal at www.behavioralhealthsystems.com to view benefits, request an appointment referral and access newsletters, fact sheets, national resources, self-assessments and more.



Free EAP Visits & Expanded Care*

In-person & virtual care sessions



Digital Solutions

BHS MemberAccess & EASE Resources



Work/Life Benefits

Legal, Financial & Eldercare Consults

National Resources

You can contact the following resources at any time for additional support:

- **National Suicide Prevention Lifeline:** call 1-800-273-8255 or text 988
- **National Alliance on Mental Illness (NAMI):** call 1-800-950-6264 or text HOME to 741741
- **Substance Abuse & Mental Health Services Administration:** call 1-800-662-4357
- **National Domestic Violence Hotline:** call 1-800-799-7233 or 1-800-787-3224
- **National Parent & Youth Helpline:** call 1-855-427-2736

*Expanded Care is available to those enrolled in an employer-sponsored medical benefit plan.