



# BENEFITS

SEPTEMBER 2023



## INVOLVEMENT AND ENGAGEMENT

**Business Health Services (BHS), our Employee Assistance Program, a free benefit provided and paid for by Goodwill, offers our employees and their household members free, confidential assistance to help with personal or professional problems that may interfere with work or family responsibilities.**

*Services are available 24-hours a day, 7 days a week by calling 1-800-327-2251.*

**Employees and household members can receive up to 4 face-to face counseling sessions (which include assessment, follow-up and referral services) per person, per problem/episode, per year.**

**BHS has useful online resources and both live and recorded webinars each month, including their summary of services as well as an orientation video that reviews what is offered to our employees through EAP.**

*Visit BHS Online today and see what they can do for you at [www.BHSONline.com](http://www.BHSONline.com) Username: GIC*



### INVOLVMENT and ENGAGEMENT

Learn how small acts of kindness and a state of flow can change your life. Do you ever ask yourself, "What can I do today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this webinar, we will explore two actionable concepts, acts of kindness and flow, that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

[Log into the MyBHS Portal](#) any time during August to watch the webinar.

## RESOURCES:>> FEATURED LEARNING CENTERS : Achieving Personal Goals

All of us need balance in our lives. We struggle to balance our careers, our families, our health, our emotions, our social lives, and our spirituality.

- Training Bite**  
Respect at Work
- Webinar**  
How to Have a Professional and Respectful Workplace
- Course**  
Conflict Intervention
- Browse**  
Diversity & Inclusion
- Books**
- Podcasts**
- Sites**

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

### Common Reasons to Call Your EAP

- Relationships** - Boss/ Co-worker Customers Friends Spouse/Kids
- Transitions** - Birth/Death Health/ Illness Marriage/Divorce Promotion/ Retirement
- Risks** - Burnout/Anger Depression/ Anxiety Suicidal thoughts Substance abuse
- Challenges** - Daily responsibilities Financial/Legal Parenting Stress/ Conflict



**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. **Services are available 24-hours a day, 7 days a week by calling or texting 1-800-327-2251**

**The MyBHS Portal provides participants with access to services, information about your program and offers resources, assessments and trainings on a variety of well-being and skill-building topics:**

- Emotional Well-Being
- Relationships
- Crisis and Disaster
- Financial
- Personal Growth
- Legal
- Resilience and more!

**Remember BHS is provided at NO-COST by Goodwill to all employees and their household members!!!**