



6 Visit EAP for the whole family

Support for various life challenges from personal mental health to legal or financial issues.



What's covered—highlights



Free and confidential counseling and financial/legal services through BHS for all BHT members and their families.



Receive community resources and get help from a mental health professional, support groups, an attorney, and/or a financial consultant.



In-person, telehealth, and digital guidance for stress, substance abuse, marital and family issues and legal or financial problems.

Assessment and counseling examples:

- Marital/Family relationships
- Stress-Related Problems
- Depression
- ADD/ADHD
- Work-Related Problems
- Alcohol & Drug Abuse
- Life Transitions

Need help with personal, financial or legal issues?

All employees and dependents are eligible to receive up to six free visits/consults each year—psychiatric visits included.

Important numbers to know

Get started with your Employee Assistance Program (EAP) and access wellness resources today!

- Call Telus at **888-720-5237** to be connected to your designated Care Coordinator.



Scan the QR code to login (Enter BHT in the EmployerID)