

Employee Assistance Program (EAP)



LIFE HAPPENS Your EAP has resources when it does

Connect to Free and Confidential Resources

- **Counseling** visits with a qualified provider, *in person or via video*
- **Legal** advice or consultation
- **Financial** planning and advice
- Online tools for everything life throws at you

Improve Your Life

- Strengthen troubled relationships
- Increase job satisfaction
- Decrease stress
- Have better overall health

Achieve More

- Experience personal fulfillment
- Find success at work
- Strengthen your community

Life affects everyone. These services are there for you AND your eligible family members!

It's **free** - All of these resources are provided at no cost to you by your employer

AND it's **confidential** – nothing is reported to your employer that will identify you or your family

To Login at www.bpahealth.com/eap-home, enter:

Employer Name: Syringa Mountain School

Toll Free Number: 800-726-0003

Plan Design: up to 4 sessions per incident per plan year

How to Access: it's Easy and Private

Start at our mobile friendly website:

www.bpahealth.com/eap-home

- Search for local providers with which to schedule an appointment
- Login to see details of your plan and to access the online resources

Before attending a counseling appointment, or if you want to talk to a lawyer or financial advisor:

Call 800-726-0003 or go ONLINE to submit a Request for Service form.

Our support center will set everything up for you.

Things really tough?

Extra support is there 24/7 in a time of urgent need. Call **any time** if you or someone you know is in harm's way.

BPA Health

(800) 726-0003

8050 W. Rifleman Street #100

Boise, ID 83704 USA

bpahealth.com

2021 calendar

THEME	ONLINE SEMINAR	DESCRIPTION
JAN	Reframing Your World Available on Demand Starting Jan 19th	Seminars can be found on your home page, or you can search for them by title. Discover the practical ways to reframe your perspective to live a more present and positive life.
FEB	Setting Goals Available on Demand Starting Feb 16th	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
MAR	Planning for Success Available on Demand Starting Mar 16th	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
APR	The Steps to Financial Security Available on Demand Starting Apr 20th	Understand the practical ways you can feel more secure and more stable in your finance management.
MAY	Addressing Anxiety Available on Demand Starting May 18th	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
JUN	Healthy Relationships Available on Demand Starting Jun 15th	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
JUL	Summer Holiday Available on Demand Starting Jul 20th	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
AUG	Building Confidence in Children Available on Demand Starting Aug 17th	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
SEP	Being Present Available on Demand Starting Sep 21st	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
OCT	Embracing Differences Available on Demand Starting Oct 19th	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
NOV	Caring for Our Elders Available on Demand Starting Nov 16th	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
DEC	Making Time to Make a Difference Available on Demand Starting Dec 21st	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

LET US HELP

TOLL-FREE: 800-726-0003

WEBSITE: www.bpahealth.com/eap-home

USERNAME: Syringa Mountain School

PASSWORD: 8007260003

