

# 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](http://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](http://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](http://bpahealth.com)



|     | THEME   | ONLINE SEMINAR  | DESCRIPTION<br>Seminars can be found on your home page, or you can search for them by title.                                    |
|-----|---|---|---|
| JAN | Getting Into the Right Frame of Mind for 2022 | <b><i>Reframing Your Way Through 2022</i></b><br>Available on Demand Starting Jan 18th                                | Learn practical steps to use positive reframing strategies and guide your way through 2022.                                     |
| FEB | Honoring Grief and Loss                       | <b><i>Navigating Through Grief and Loss</i></b><br>Available on Demand Starting Feb 17th                              | Discover ways to say goodbye and going through five stages of grief in a healthy way.   |
| MAR | Engagement                                    | <b><i>From Tired to Inspired: Keeping Engaged and Preventing Burnout</i></b><br>Available on Demand Starting Mar 17th | Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.                               |
| APR | Finding a Hobby                               | <b><i>Finding a Hobby: How It Impacts Your Life</i></b><br>Available on Demand Starting Apr 19th                      | Understand the importance of having a hobby and how you can start finding one to help you feel happier.                         |
| MAY | Getting a Good Night's Sleep                  | <b><i>Sleep Essentials</i></b><br>Available on Demand Starting May 17th   | Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.                     |
| JUN | Exploring Nature                              | <b><i>Finding Yourself Through Nature</i></b><br>Available on Demand Starting Jun 21st                                | Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.                     |
| JUL | Digital Health                                | <b><i>Unplugged: Digital Detoxing</i></b><br>Available on Demand Starting Jul 19th                                    | Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule. |
| AUG | Self-Care Strategy                            | <b><i>Self-Care: Better Care of Yourself</i></b><br>Available on Demand Starting Aug 16th                             | Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.                          |
| SEP | Open Communication                            | <b><i>Open Communication: Powerful Ways to Create It</i></b><br>Available on Demand Starting Sep 20th                 | Attain the skills to have open and effective communication at work and at home.   |
| OCT | Navigating Holidays                           | <b><i>Navigating Your Holidays</i></b><br>Available on Demand Starting Oct 18th                                       | Learn some effective ways to plan, organize, and make the most of your holiday.   |
| NOV | Overtime: Working Caregivers                  | <b><i>The Sandwich Generation at Work</i></b><br>Available on Demand Starting Nov 22nd                                | Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.             |
| DEC | Taking Control of Stress                      | <b><i>Stress Buster: Managing and Taking Control of Your Life</i></b>   | Manage your stress in a healthier way and learn some strategies to take control of your life.                                   |

#### LET US HELP

**TOLL-FREE:** 800-726-0003

**WEBSITE:** [www.bpahealth.com/eap-home](http://www.bpahealth.com/eap-home)

**USERNAME:** Syringa Mountain School

**PASSWORD:** 8007260003

Always Available | Free | Confidential

