



# Employee Assistance Program

Accessing your benefits is easy, confidential, and no cost to you.

**Life Happens!** Talking with a counselor can improve relationships, reduce stress, increase job satisfaction, and so much more.

**Choose your setting** In-person, video, phone, text or chat. Select a mental health professional that is right for you.

**Plus, find timely advice at your fingertips** Resources and referral services on a wide spectrum of work, family, and personal issues such as...

Stress Management  
Professional Growth  
Parenting and Eldercare

Legal Consultation  
Financial Success  
Mental Health

These services are provided to you AND your eligible family members, at no cost to you. AND it's confidential – no names are shared with your employer.

 **Login to see details of your plan and to access the online resources**

[www.bpahealth.com/EAP-home](http://www.bpahealth.com/EAP-home)

username is **State of Idaho**

password is **8885596556**

 **Begin your counseling sessions by choosing ONE of the following:**

**1. Call 888-559-6556 or Text 208-336-4275**

M–Th: 8am–6pm, F: 8am–5pm (MST)

**2. Complete Online Request Form**

<https://www.cognitofrms.com/BPAHealth/eaonlinequest>

**3. Quick start with BetterHelp**



Immediate access to telehealth counseling options like video, phone, chat, and text through our partner [www.betterhelp.com/bpahealth](http://www.betterhelp.com/bpahealth)

**Crisis Counselors are available by phone 24/7**



# Employee Assistance Program

## PRACTICAL RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL WELLBEING

Personalized Counseling  
Professional Growth  
Stress Management  
Parenting  
Legal Consultation  
Financial Success  
Mental Health

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Your Employee Assistance Program (EAP) connects employees and family members to mental health professionals, web-based resources, and referral services to support your personal and professional wellbeing.

**Accessing your EAP is easy, confidential, and provided at no cost to you.**

For questions or support call us at **888-559-6556** or text us at **208-336-4275**  
M–Th: 8am–6pm, F: 8am–5pm (MST)  
or begin online  
[www.bpahealth.com/EAP-home](http://www.bpahealth.com/EAP-home)

Crisis counselors are available  
24 hours a day.

**[BPAHealth.com/EAP-home](http://BPAHealth.com/EAP-home)**





# TIMELY ADVICE AT YOUR FINGERTIPS

## Work Life Resources



### Resources and Referral Services

Professional consultation and referrals to assist with a spectrum of work, family, and personal issues such as...

- Legal Advice
- Creating a Budget
- Parenting Concerns
- Financial Consultation
- Buying or Selling a Home
- Healthy Living & Wellbeing
- Elder Care Tips and Referrals
- Pet Ownership Resources
- ID Theft Consultation
- Tax Services



### On Demand Webinars

Content such as...

- Greener Living
- Suicide Prevention
- Caring for Care Givers
- Gender Equality in the Workplace
- Stress Management



### Savings Center

Purchases such as...

- Home Appliance and Electronics
- Travel – Airfare, Hotels, Car Rental
- Discounted Movie Tickets
- Auto Purchases
- Luxury Shopping and more!

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Log in steps: username is **State of Idaho** and **8885596556** is your password

For questions or support call us at **888-559-6556** or text **208-336-4275**

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## How to search for an EAP provider in the BPA Health network

1. Go to the BPA Health homepage [www.bpahealth.com](http://www.bpahealth.com)
2. Click on the “Employee Assistance Program (EAP)” tile shown below.



3. On the “Welcome to Your EAP” webpage, click on the red “Search EAP Providers” button on the right-hand side of the page.



4. On the Provider Network search page, simply enter the name of a provider, or use the filter to generate a list of providers who match your criteria. Any provider appearing in the results is in the BPA network.

