



Help when  
**you** need it.

When dealing with life's challenges — *big or small* — **help is available.**

- Professional, confidential services
- Online tools and information
- Convenience services
- Legal and financial assistance

Your Employee Assistance Program (EAP) provides support for personal and work concerns at no cost to you —  
**24 hours a day,  
7 days a week.**

For more information or to schedule an appointment, call **toll free:**

**1-800-409-3687**

To access online services, visit

**[www.EAPHelplink.com](http://www.EAPHelplink.com)**

Company Code: **BP**