



BP Care and your work-life solutions offer a wide variety of resources designed to improve wellness, enhance organization performance and improve financial outcomes. Our services help employees and family members resolve a wide range of issues to restore both personal and professional effectiveness. These services are confidential.

## BP Care Products & Resources



### AVAILABLE 24 HOURS, 7 DAYS A WEEK

Toll-Free Phone: 1.800.409.3687  
EAP website: [www.EAPHelplink.com](http://www.EAPHelplink.com)  
Company Code: BP



### COUNSELING & SUPPORT

Whether you are dealing with stress, worry, relationship issues, substance abuse issues or work issues, call for immediate support. We can also provide referrals for an in-person, phone or video session with a highly qualified counselor. You are eligible for up to six free confidential counseling sessions per issue.



### ARTICLES & RESOURCES

BP Care's website is your one-stop resource, available when you need it. The website provides you and your family with tools and information to address life's pressing concerns. You will find webinars, topics of interest and videos on many life issues. Additionally, you can access calculators and resources for childcare, eldercare, health issues and financial information.



### MANAGEMENT & ORGANIZATIONAL SERVICES

The Management Service Team (MST) provides unlimited telephonic consultations to leadership that help develop solutions to complex individual and team issues. MST offers guidance on how to address ways that reduce conflict, increase productivity, decrease attendance issues and address personal issues that may affect one's work performance. Additionally, on an organizational level, MST can support and provide guidance for a workplace trauma or other critical incidents. Available to you 24/7.



### LEGAL SERVICES

Legal concerns can be stressful, costly and often result in lost work time. Reach out to BP Care for a referral for a free 30-minute consultation with a lawyer for any issue, except work related issues. After the 30-minutes, you will receive a 25% discount for additional time and services. General legal information and forms, including a simple will form, can be found at [www.eaphelplink.com](http://www.eaphelplink.com) under the **Living** tab.



### FINANCIAL SERVICES

Sometimes we don't know where to start when we are having financial issues or just have questions. Reach out to BP Care for a free 30-minute phone consultation with a financial expert. Additional information on budgeting, debt management and getting ready for retirement can be found at [www.eaphelplink.com](http://www.eaphelplink.com) under the **Living** tab.



### ELDERCARE SUPPORT & RESOURCES

If you are worried about an older family member or friend, our eldercare specialists are available 24/7 to provide support and resources, regardless of geographic location. We can help provide guidance on Medicare, Medicaid, home health services, community resource and much more.



### CHILDCARE SUPPORT & RESOURCES

Are you looking to adopt, have a baby or need childcare resources for a special needs child? We can help. Reach out to BP Care and ask to talk to our childcare specialists. Available to you 24/7.