



BP Care is here to make life easier

Personal life issues account for 20 percent of stress, according to the American Institute of Stress. Unfortunately, many employees keep their problems to themselves because asking for help is difficult and they worry that their personal issues may be shared with their manager.

With many companies returning to the office this fall, employees are experiencing an added layer of stress, BP Care can help.

'After almost two years working from home, employees are returning to a new world that nobody really knows what it's going to look like,' said Alexandra Rosa, senior account manager at Kepro, the employee assistance program behind BP Care.

Support when and how you need it

BP Care offers support for a variety of issues – whether it's advice on child or elder care, navigating return-to-the-office stresses, or helping a child transitioning to the classroom after a year of remote learning. The service is available free 24 hours a day, 7 days a week by phone. All calls are answered live by professional counselors.

It's not only bp employees that can take advantage of this offering. Counseling services are also available for issues affecting employees' spouses, children and household members. Even students away at college can receive counseling. They will need to call to initiate the service if they're over 18.

'Employees often hesitate to call BP Care because they worry the company might find out,' said Rosa.

About the confidential nature of the service, she said, 'The only time we would ever share information is if the counselor suspects child or elder abuse or the life or safety of the client or others is seriously threatened, and even then only to the proper authorities.'



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What you need to know

- **BP Care is more than just a counseling service.** If you're dealing with work/life balance issues, depression, family care, health issues, work issues and financial information, you are able to find both counseling services and other resources to help you cope. bp care provides other resources.
- **When you call BP Care**, a counselor will conduct a brief telephonic assessment and make sure that you fully understand your benefits and any additional options. Counselors will then connect you to a local professional provider to begin your EAP sessions in person, by phone or video session.
- **Up to six free confidential sessions** are available to bp employees and their household members.
- **Earn points.** Participate in an EAP counseling session and earn 125 points. The program is completely voluntary and confidential. To receive points you must provide approval to the BP Care counselor during the session.

Note this release only authorizes the counselor to confirm that you scheduled an appointment with BP Care and whether you attended the appointment. All personal information that is shared between you and the BP Care counselor remains confidential and is not released to bp.



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