



What Happens When You Call BHS?

BHS provides you with free, confidential, in-the-moment support to manage life's challenges and stay happy, healthy and safe while in school.

Common Reasons to Call BHS Include:

- Anxiety
- Academic or career stress
- Balancing school and parenting
- Burnout/Anger
- Depression
- Failing grades
- Health or body image issues
- Home sickness
- Relationships
- Struggling with daily responsibilities
- Substance abuse
- Suicidal thoughts

When You Call BHS:

- 1 | You will be immediately connected with a Care Coordinator, who is a **Master's Level Clinician**.
- 2 | The Care Coordinator will **assess your needs**, screen for emergencies and provide in-the-moment support.
- 3 | Following the needs assessment, **the Care Coordinator will work with you to create a plan** for support and resolution.
- 4 | The Care Coordinator will **assist you by connecting you to available resources** through your school, community or health insurance plan.*
- 5 | Regardless of your need, your **Care Coordinator will follow-up with you for the life of your case**. Keep your Care Coordinator's contact information handy and call him or her anytime you have a question or if you need additional support.

PROGRAM FEATURES:



Program Cost

This is a FREE* benefit provided and paid for by your school at no cost to you.



Confidentiality

BHS is completely confidential. BHS follows all federal and state privacy laws.

Information about your problem cannot be released without your written permission.



Available 24/7

Services are available 24-hours a day, 7-days a week.

Call BHS to get started.

800-327-2251

For more information about the services, visit us on-line at portal.BHSONline.com Username: PTC SAP

* If you require a referral for treatment through your health insurance, additional costs may be incurred.

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