



## Take Charge of Your Mental Health

Your mental health deserves just as much attention as your physical well-being. When you prioritize your mind, you empower yourself to navigate life with resilience, balance and clarity. Your BHS benefits can set the foundation for a healthier, happier future—because you and your family deserve to thrive, inside and out.



### Check-in with Yourself

Take a few moments daily to reflect: how are you really feeling? Acknowledging your emotions builds self-awareness and helps you recognize patterns that may need attention



### Protect your Peace

Whether it's limiting screen time, saying no to overcommitment or carving out personal time—boundaries are essential and help protect your emotional energy



### Preventative Care Matters

Seeking help is a sign of strength, not weakness. Whether it's a therapist, trusted friend or support group, having someone to talk to can make all the difference for you and your family



800.245.1150  
[www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com)  
Benefits may vary. Call BHS.



## Accessing Your BHS Benefits

Contact your designated BHS Care Coordinator at 800-245-1150 or visit the BHS MemberAccess online portal at [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com) to view benefits, request an appointment referral and access newsletters, fact sheets, national resources, self-assessments and more.



### Free EAP Visits & Expanded Care\*

In-person & virtual care sessions



### Digital Solutions

BHS MemberAccess & EASE Resources



### Work/Life Benefits

Legal, Financial & Eldercare Consults

## National Resources

You can contact the following resources at any time for additional support:

- **National Suicide Prevention Lifeline:** call 1-800-273-8255 or text 988
- **National Alliance on Mental Illness (NAMI):** call 1-800-950-6264 or text HOME to 741741
- **Substance Abuse & Mental Health Services Administration:** call 1-800-662-4357
- **National Domestic Violence Hotlink:** call 1-800-799-7233 or 1-800-787-3224
- **National Parent & Youth Helpline:** call 1-855-427-2736



by  **TELUS** Health

\*Expanded Care is available to those enrolled in an employer-sponsored medical benefit plan.

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