



Employee Assistance Program

Accessing your benefits is easy, confidential, and no cost to you.

Life Happens! Talking with a counselor can improve relationships, reduce stress, increase job satisfaction, and so much more.

Choose your setting In-person, video, phone, text or chat. Select a mental health professional that is right for you.

Plus, find timely advice at your fingertips Resources and referral services on a wide spectrum of work, family, and personal issues such as...

Stress Management
Professional Growth
Parenting and Eldercare

Legal Consultation
Financial Success
Mental Health

These services are provided to you AND your eligible family members, at no cost to you. AND it's confidential – no names are shared with your employer.

 **Login to see details of your plan and to access the online resources**

www.bpahealth.com/EAP-home

username is **State of Idaho**

password is **8885596556**

 **Begin your counseling sessions by choosing ONE of the following:**

1. Call 888-559-6556 or Text 208-336-4275

M–Th: 8am–6pm, F: 8am–5pm (MST)

2. Complete Online Request Form

<https://www.cognitofrms.com/BPAHealth/eaonlinequest>

3. Quick start with BetterHelp



Immediate access to telehealth counseling options like video, phone, chat, and text through our partner www.betterhelp.com/bpahealth

Crisis Counselors are available by phone 24/7

