



Dear **Business Health Trust Member**:

Wellspring Family Services EAP is very pleased to inform you that the **Business Health Trust** has selected us to provide your Employee Assistance Program (EAP) benefit. We offer high quality, professional, and confidential services and we have customized a package of these especially for you.

We believe that you are the essential ingredient in the success of your company. By working together to help you deal effectively with life's challenges, we are pursuing a mutual goal of health and productivity in your professional environment.

With so much information today, it can be difficult to know where to turn when problems arise. Here is a small sample of some of the challenges we can help with:

- **Personal problems:** facing cancer, substance abuse, anxiety, depression, or stressful relationships;
- **Professional problems:** job-related stress, burnout, and difficulties with co-workers and customers.
- **Family problems:** divorce, the death of a spouse or child, parent-child relationships, marital problems, or coping with aging parents.

We will be available when you need us and can direct you toward the appropriate resources to assist you in dealing effectively with your situation.

We offer phone consultations 24-hours a day, seven days a week. To inquire about services, you can talk to one of our highly trained, degreed therapists by dialing the EAP access line at **1.800.553.7798**. To schedule an appointment for a face-to-face visit, we recommend calling between 8:30 a.m. and 5:30 p.m. Pacific Time when the administrative office is open. However, if you are experiencing a crisis or an emergency, feel free to call us any time and we can provide support and planning to help resolve your stress.

We've created an online environment where you have access to thousands of award winning behavioral health and wellness topics delivered to you through articles, journals, trainings, self-help information, tutorials, research, videos, webinars, blogs, podcasts, online discussions, and more. Find childcare, eldercare and work-life tools and resources; request to schedule an appointment; or chat live with a work-life consultant anytime about daily living concerns and more. If you'd like to learn more about your EAP benefits, we encourage you to view the EAP orientation online. Go to **www.wfseap.org**, select **I am an Employee** and type in **BHT** in the user name box and begin exploring today.

The opportunity to help you find meaningful solutions to your personal, professional, and family challenges in a responsive and confidential manner is one we welcome.

We look forward to serving you and your family.

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#### **EMPLOYEE ASSISTANCE PROGRAM**

Toll Free **1.800.553.7798** • TTY 1.866.704.6355 • Local **206.654.4144** • **www.wfseap.org**