



# When Life Throws You a Curve, Call BHS

The Baltimore Police Health and Wellness Program provides you and your household members with **free, confidential** assistance to help with personal or professional problems that may interfere with work or family responsibilities.

## Baltimore Police Health and Wellness Program

- is a FREE\* service benefit provided and paid for by the Baltimore Police Department
- is completely confidential
- provides access to a panel of clinicians and professional resources nationwide
- provides a language line for over-the-phone interpretations and is TTY accessible

## Life is Full of Unexpected Challenges

Everyone experiences personal or work-related problems that can become unmanageable. With the help from BHS, many of these challenges can be easily resolved.

Relationships	Transitions	Risks	Challenges
Spouse/Kids	Marriage/ Divorce	Depression/ Anxiety	Stress/ Conflict
Boss/ Co-worker	Birth/Death	Suicidal thoughts	Financial/ Legal
Customers	Promotion/ Retirement	Burnout/ Anger	Parenting/ Balance
Friends	Health/ Illness	Substance abuse	Daily responsibilities



# ASSISTANCE

## About BHS

At BHS, we're in the business of bettering lives, so employees can bring their best selves to work. BHS' wide range of services raises productivity, opportunity, happiness and success for individuals and organizations.

## Support Services

A Care Coordinator will confidentially assess the problem, assist with any emergencies and connect you to the appropriate resources. This may include long-term support or the need for further assessment. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you achieve your desired outcomes.



Up to **Six FREE** counseling sessions per issue. If a matter requires longer treatment, the employee would be referred to a long-term treatment provider.\*



Unlimited 24-hour access via a dedicated toll-free phone number 7 days a week, 365 days a year.



Call BHS

**800-327-2251**

TTY and Language Line  
Accessible



Access MyBHS at

**portal.BHSONline.com**

Username: **BPD**

**We offer fast, effective and professional solutions.**

\* When services are required beyond the scope of the Health and Wellness Program, such as a referral to a treatment provider, costs may be incurred. These are often covered by your health insurance plan, with a co-pay.

