



Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

MC 0000

600 E. Lafayette Blvd.

Detroit, MI 48226-2998

We're ready to help 24/7.

Visit bcbsmhelp.com/

or call 1-877-674-3133

Blue Cross Employee Assistance ProgramSM

Take advantage of Blue Cross EAP today. It's **free, confidential and available 24/7** online or by phone for you and members of your household.



Counseling and coaching

Whether it's personal or work-related, get it off your mind with an online chat or a call to talk with an EAP professional.

Then, if needed, you're able to continue talking with the same therapist using your behavioral health benefit beyond the EAP visits.



Financial consultation and coaching

Talk with money coaches for advice on managing debt or investing. A financial consultation can make a difference.



Legal and mediation consultations

Speak to a legal expert with Blue Cross EAP if you need help with contracts, legal documents or court judgements.

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1-877-674-3133

**READY
TO HELP**



This program is provided by your employer at no cost to you. It's not to be used for emergency needs. Conversations and records are confidential. Services may differ outside U.S. and limits may apply. Participation in Blue Cross EAP is voluntary and doesn't affect your benefits.