
BMC EMPLOYEE ASSISTANCE PROGRAM

Program Overview

The BMC Employee Assistance Program with ComPsych provides 24/7 short term counseling on a wide range of concerns, including bereavement, substance use, smoking cessation, family/marital problems, situational adjustment concerns, stress, & more. The EAP provides up to 5 sessions per presenting issue.

Upon calling the EAP your call will be answered by a behavioral health professional who is available to help address your concerns. They can provide you with a listing of local EAP clinicians who are available for additional virtual or in-person counseling sessions. All calls and counseling sessions with the EAP are free and confidential.

Eligibility

All BMC employees

How to get started

For counseling and referrals call 833.306.0107.

Questions

If you need assistance, call 833.306.0107.

Let us know what you think! If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.