



Your Employee Assistance Program The balance you need to overcome and succeed



BJC Employee Assistance Program is here to help you gain the balance you need to overcome and succeed in life. If you are feeling overwhelmed, stressed, or even just distracted by a personal, family, or financial-related issue, we are here as a source of information, insight and support.

Schedule a visit with one of our caring, knowledgeable experts and get back to the business of living your life to the fullest. Our team consists of highly qualified, licensed masters or doctorate level consultants who have experience and expertise in helping with a wide range of issues.

Counseling Services

We want to be your source of information, insight and support. Our licensed consultants can help you in a variety of areas, such as:

- 24/7 crisis support
- Stress management
- Financial issues
- Depression or anxiety
- Substance abuse
- Loss and grief
- Addiction
- Relationships
- Maturity and aging
- Family and parenting

Work/Life Services

Our consultants can partner with you in helping you make smart personal choices. Our work/life services can help restore balance between professional and personal demands:

- Wellness and nutrition consultation
- Elder care resources and referrals
- Legal resources and referrals
- Physician referrals
- Financial consultation
- Child care resources and referrals

Telephone visits available:



Call 24/7 • 314-747-7490
Toll-free • 888-505-6444

Virtual care visits available:



From a Mobile Device
Download the BJC EAP app from the Apple or Google Play app store.



From a Computer
Open Chrome or Firefox and visit our website at: bjceap.com/virtualcare.