

MyBHS Portal



The MyBHS participant portal provides access to services, information about your program and offers resources, assessments and trainings on a variety of well-being and skill-building topics.

TOPICS INCLUDE:

- Emotional Well-Being
- Crisis and Disaster
- Personal Growth
- Relationships
- Financial
- Legal
- Resilience and more!

FEATURES:

- **Services Overview** - Contains a summary of the services available to you.
- **Resources & Tips** - Topics that help you prepare for and handle most major life events. The content comes from world-renowned publishers like Harvard Health publications, NOLO legal press and NBC Universal.
- **Café Series Webinars** - Featured and archived webinars allow on-demand and unlimited access to previously presented webinars on various well-being topics.
- **Training Center** - An expanding library of self-paced courses for personal and professional development. Courses take approximately 45 to 60 minutes to complete.
- **Health Assessments and Calculators** - Interactive tools and assessments on health, wellness and personal growth.
- **Financial Calculators** - From mortgages to retirement planning, 100s of interactive calculators to crunch numbers on everything from auto loans to savings goals.
- **Legal Forms** - Free, easy-to-use legal forms.
- **In The News** - Resources for current events that may have an impact on an individual's overall well-being.

Access the MyBHS Portal online or via the app.

Visit www.nvfc.org/helpline for information on how to access the portal and app.



ALSO ACCESSIBLE THROUGH THE BHS APP

Search BHS APP where you download apps.

