

# KEEPING YOUR FAMILY HEALTHY

## FREE. EASY. CONFIDENTIAL.

The EAP (Employee Assistance Program) can help you to privately resolve problems that may interfere with work, family, and life in general. Your EAP is provided at no cost to you and dependents, living at or away from home, as well as household members, related or not. EAP services are always confidential.

### CONFIDENTIAL COUNSELING

**24-hour Crisis Help** – toll-free access for you or a family member experiencing a crisis. 866-750-1327

**In-person Counseling** – face-to-face counseling sessions are available for each new issue. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges. 866-750-1327

**Online Consultations** – convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited. [www.MyRBH.com](http://www.MyRBH.com)

### CONTACT THE EAP

866-750-1327

[www.MyRBH.com](http://www.MyRBH.com)



### MYRBH.COM

At MyRBH.com, you can access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings.

Access Code: **OEBB**

### LIFE BALANCE RESOURCES

**Childcare Services** – childcare professionals provide information and support on parenting, school issues, adoption, teenager challenges, summer camps, daycare, and other important issues for parents.

**Adult and Eldercare Services** – adult and elder-care specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.

**Legal Services** – access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.

**Financial Services** – access free phone support for up to 30 days for each new financial issue, such as debt counseling, budgeting, and college or retirement planning.

**Mediation Services** – request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

**Will Preparation** – receive a free will template to complete in your own time, then just have it signed and notarized in accordance with your State's laws.

**Home Ownership Program** – get free support and information about making smarter choices when shopping for a new home; making financing decisions; relocating; or selling a home.

**Identity Theft Services** – access support in planning the recovery process for restoring your identity and credit after an incident.

**Worksite Services** – all supervisors have convenient access to phone consultations, on-site orientations, topical trainings, critical incident response, and online supervisor resources.

**Health Coaching** – available to support positive changes such as losing weight, exercising more, reducing stress, and improving life in other ways; coaching is free, private, and available by email or phone.

