

Your EAP Can Help Make Life Easier

The EAP (Employee Assistance Program) provides services to help you privately resolve problems that can interfere with work, family, and life in general. Your EAP is provided for FREE to you and your dependents, living at or away from home, as well as household members, related or not. *EAP services are always confidential.*

Life Balance

Legal Services – a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees.

Will Preparation – a free will template to complete in your own time, then just have it signed and notarized as a legal document.

Mediation Services – free consultations for personal, non-work related, issues such as divorce, neighbor disputes, or real estate. *A discount of 25% is available if a professional mediator is retained.*

Financial Services – free telephone consultations for financial issues such as debt counseling, college retirement planning. *A discount of 25% is available if a CPA is retained.*

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

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

Website at MyRBH.com – current articles on health conditions, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and more than 50 online trainings.

Worksite Services – support for supervisors including access to telephonic consultations, on-site orientations, topical trainings, critical incident response, and online supervisor resources.

Counseling

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

Confidential Counseling – up to **3** face-to-face counseling sessions for each issue. Simply call for a list of qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges.

Online Support – convenient access to online consultations with licensed counselors through RBH eAccess. Online support may not be appropriate for every issue, but some issues can be resolved quickly with just a little help. Online consultations are a great way to try counseling for the first time or to get support even when time is limited.

