

# Employee Assistance Program RBH



## LIVE HEALTHY WITH THE EAP

*Free. Fast. Confidential.*

The EAP (Employee Assistance Program) helps you **privately solve** problems that may interfere with your work, family, and life in general. EAP services are **FREE** to you, your dependents, and all household members. EAP services are always **confidential** and **provided by experts**.

### CONFIDENTIAL COUNSELING

**24-hour Crisis Help** – toll-free access for you or a family member experiencing a crisis. [866-750-1327](tel:866-750-1327)

**In-person Counseling** – up to **4** 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](tel:866-750-1327)

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

### WORKSITE SERVICES

All supervisors have fast access to phone consultations, trainings about the EAP and management topics, critical incident response, and online supervisor resources for using the EAP and making employee referrals during workplace challenges.

### MYRBH.COM

Access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings.

### LIFE-BALANCE RESOURCES

**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 Kit** – receive a free will template to complete in your own time.

**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.



To find out more about your  
EAP call or visit us online.



MyRBH Access Code: Roseburg  
[MyRBH.com](http://MyRBH.com) | [866.750.1327](tel:866.750.1327)