The EAP Solves Problems

Free. Fast. Confidential.

Counseling and work-life tools to make life brighter.

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.

In-person Counseling – up to **3** 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.

Online Consultations – convenient access to online consultations with licensed counselors through RBH *e*Access at MyRBH.com. Online consultations are a great way to get support for brief issues, even when time is limited.

Worksite Tools

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

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.

Lunch + Learn Webinars

Free supervisor and employee webinars are presented each month. Visit MyRBH.com for more information or to register. Archived webinars can be accessed on the RBH YouTube channel.

RBH Reliant Behavioral Health

oebb

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Work-Life Tools

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.

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

Adult and Eldercare Services – adult and eldercare 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 Resources – easily access free online will templates. Wills can be interactively completed online, saved, revised, downloaded, printed and emailed.

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 services call, 866.750.1327, or visit us online at MyRBH.com.

Once you're in MyRBH.com, use the same access code for Personal Advantage.

Your MyRBH Access Code is:

OEBB