

# Employee Assistance Program (EAP)

## What is the EAP?

The EAP provides **counseling and life balance services** to help resolve problems that may interfere with work, family, and life.

## Who is Eligible for the EAP?

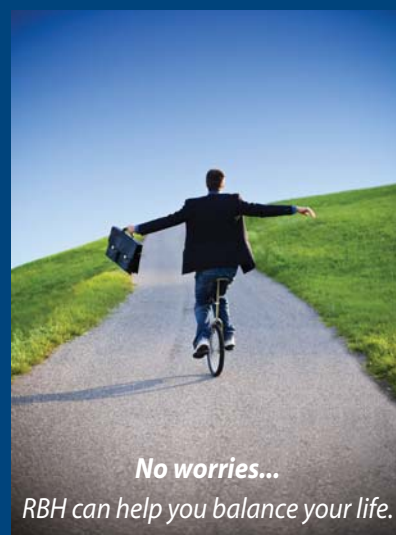
Employees and their dependents, living at or away from home, and all household members, related or not.

## How much does the EAP cost?

**IT'S FREE!** You and your family have access to confidential services, at no cost to you.

## What does the EAP provide?

- **Confidential Counseling** - up to **5** face-to-face counseling sessions for each new issue, including family, relationship, work stress, anxiety, and other challenges we all face.
- **24-hour Crisis Help** - toll-free access for you or a family member experiencing a crisis situation.
- **Legal Services** - a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees.  
*Legal services are not provided for any employer related issues.*
- **Mediation Services** - free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, real estate, etc. A discount of 25% is available if a professional mediator is retained.
- **Financial Services** - free telephone consultations for financial, issues such as debt counseling, budgeting, college or retirement planning. A discount of 25% is available if a local CPA is retained.
- **Identity Theft Services** - support and help in planning the recovery process for restoring your identity and credit following an incident of theft.
- **RBH StayActive** - discounts to local services and activities help to keep employees and families active. Participating vendors are posted on MyRBH.com - members just show the RBH GoCard for savings.
- **Personal Advantage** - a life balance website with current articles on health conditions, a legal library, financial and health assessments, movies, and other interactive tools including access to **more than 50 online trainings**.
- **Worksite Services** - unlimited telephonic supervisor consultations, on-site orientations, topical trainings, critical incident response, supervisor website, and more.



- Schedule a counseling appointment
- Access work-life services
- Access 24-hour crisis assistance
- Ask questions and get information

**1-866-750-1327**



Explore MyRBH and access the free legal, financial, and Personal Advantage sites:

1. Go to [www.MyRBH.com](http://www.MyRBH.com)
2. Access Code: **NIC**

Once you're in MyRBH, use the same Access Code for Personal Advantage.

There when you need us