

LIVE  
HEALTHY  
WITH  
THE EAP

# Work Smarter with the EAP

## Experience

With 20 years of experience, RBH offers an EAP (Employee Assistance Program) that can help workplaces run more smoothly and productively, while also helping employees resolve problems that may interfere with their work, families, and life at home. The EAP covers all employees and their dependents, living at or away from home, as well as household members, related or not. EAP services are always confidential.

## Quality Indicators

**Counseling Services** – the EAP provides 24-hour, toll-free crisis help for all employees and their families, as well as **3 or 6 face-to-face counseling sessions depending on which package your employer offers**. Counseling is available for a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges. Convenient access to online consultations with licensed counselors is also provided with the RBH EAP, offering a simple way to try counseling for the first time or to get support when time is limited.

**Worksite Services** – the EAP includes utilization and satisfaction reports, responsive account management, critical incident response, and employee trainings. RBH works closely with supervisors, so when performance issues arise at work, they know what to do and expect. Supervisor services include orientations and trainings, online resources, unlimited consultations with EAP clinicians, support with the employee referral process, and follow-up if referrals are made.



## Balance Keeps People Focused

**Legal Services** – includes a free, half-hour consultation for each new issue, by phone or in person, followed with a 25% discount in legal fees. *Work-related issues are not covered.*

**Will Preparation Resources** – easily access free online will templates. Wills can be interactively completed online, saved, revised, downloaded, printed and emailed.

**Mediation Services** – includes free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate, followed with a 25% discount in fees.

**Financial Services** – provides free phone consultations for up to 30 days per issue for financial issues such as debt counseling, budgeting and college or retirement planning.

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

**Child & Adult Care Resources** – access to life-balance specialists who can help with finding family services such as daycare, in-home care, and meal programs to help care for both children and aging adults.

**Identity Theft Services** – offers support in planning the recovery process for restoring identity and credit after a theft incident.

**Website** – MyRBH.com includes current health news, tools for parenting, health movies, wellness resources, financial calculators, legal forms, and over 50 trainings for professional and self-improvement, including leadership and management trainings.

  
Reliant Behavioral Health

  
Group Benefits Trust

866-750-1327

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