

Solutions to Simplify Life

Free. Easy. Confidential.

The EAP (Employee Assistance Program) can help you to resolve problems that may interfere with work, family, and life in general. Your EAP is provided for FREE to you and your covered dependents, living at or away from home. EAP services are always confidential.

Confidential Counseling

24-hour Crisis Help – toll-free access for you or a family member experiencing a crisis. 866-750-1327

In-person Counseling – up to 5 face-to-face counseling sessions 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

Online Consultations – convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited. www.MyRBH.com

Website Resources

MyRBH – 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.

Life-Balance Resources

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.

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

Financial Services – access free phone consultations 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 – receive a free will template to complete in your own time, then just have it signed and notarized as a legal document.

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.

Worksite Services – all supervisors have convenient access to phone consultations, on-site orientations, topical trainings, critical incident response, and online supervisor resources.

www.MyRBH.com

866.750.1327

Access Code: OREGON



cis benefits
www.cisbenefits.org



RBH CIS EAP Summary (HC) 2014