

Bright Ideas for Members

The EAP provides **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 6 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 eAccess at MyRBH.com. Online consultations are a great way to get support for brief issues, even when time is limited.

WORK-LIFE TOOLS

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.

Online Legal Forms – create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

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 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.

ONLINE RESOURCES

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, followed by a live Q + A. Go to MyRBH.com and click the Webinars link for more information. Archived webinars can be accessed on the RBH YouTube channel.

YOUR MyRBH ACCESS CODE: GoLAKELANDSD

Once you're in MyRBH.com, use the same access code for Personal Advantage. To find out more about your EAP services call, 866.750.1327, or visit us online at MyRBH.com.



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MyRBH.com | 866.750.1327

Free. Fast. Confidential.

RBH
Reliant Behavioral Health