

LIVE BETTER WITH THE EAP

Free. Fast. Confidential.

The new EAP
launches on
January 1, 2016!

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 **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 four (4) 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 try counseling for the first time or to get support even when time is limited.

MYRBH.COM

Access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings for personal and professional development.



MyRBH Access Code: **Montana**
MyRBH.com | 866.750.0512

LIFE-BALANCE RESOURCES

Childcare Services – childcare professionals provide information and support for 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 with 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 Kit – receive a free will template to complete on your own.

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.

