



# Employee Assistance Program

CITY OF LAKE OSWEGO

You and your family can receive up to six confidential counseling sessions per incident per year from The Reliant Behavioral Health Employee Assistance Program. RHB also provides consultation and referrals for child and family services and for adult and elder services. Referrals for legal consultations and identity theft assistance are also available.





The EAP includes online tools and educational resources to help make life easier.

### Online Tools

- ▶ **MyRBH.com** – access work-life resources at MyRBH.com:
  - Current Health News & Movies
  - Tools for Parenting
  - Wellness Resources
  - Assessments
  - Financial Calculators
  - Legal Forms
  - Over 50 Online Trainings
- ▶ **Lunch & Learn Webinars** – free monthly supervisor and employee webinars are followed by a live Q + A. Go to MyRBH.com and click the Webinars link to sign up or view past webinars via the RBH YouTube link.



## 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 face-to-face counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.
- ▶ **RBH eAccess** – 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

- ▶ **Childcare Services** – childcare professionals provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.
- ▶ **Adult and Eldercare Services** – specialists assist in 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.
- ▶ **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.



To find out more about your EAP, schedule a counseling appointment, or access services, call RBH at **866.750.1327** or visit us online at **MyRBH.com**.

## Access Online Resources

- Go to [MyRBH.com](http://MyRBH.com) and
- Click the “I’m a Member” button
- Enter your access code

Once you're in [MyRBH.com](http://MyRBH.com), you can learn about benefits and access newsletters, webinars, trainings, and Personal Advantage.