



# EAP:

## So Much More Than Just Counseling

Free. Fast. Confidential.

### 10 Reasons to Use the EAP

1. My roommate is stressing me out and I need to talk to someone about it.
2. Why is it important to save up for retirement even when I am in my 20's?
3. What's the best way to set boundaries for my teenage son?
4. I need to create a simple will, can the EAP help with that?
5. My wallet was stolen and I don't want someone stealing my identity.
6. I am separating from my wife and we are interested in learning more about mediation rather than going through the courts.
7. Where can I learn more about elder care and the available resources?
8. As a manager, how do I create a healthy workplace environment for my staff?
9. I think I might have a problem with drugs. Can I speak with someone confidentially and get recommendations?
10. My cousin lives with us and is interested in buying his own place. Can you educate him on the home buying process?

### About the EAP

The EAP (Employee Assistance Program) can help you to privately resolve problems that may interfere with work, family, and life in general. Your EAP is provided for FREE to you and dependents, living at or away from home, as well as household members, related or not. EAP services are always confidential.

### Life Balance Resources

The EAP offers so much more than just counseling. RBH offers the following life-balance resources to help with life's ups and downs:

- Legal Services
- Mediation Services
- Simple Will Kit
- Home Ownership Program
- Identity Theft Services
- Financial Services
- Child/Elder Care Resources
- Online Wellness Resources

Contact the EAP.

Call the EAP: 866.750.1327

Visit us Online: [www.MyRBH.com](http://www.MyRBH.com)

Access Online  
Life-Balance Resources.

Current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings.