

# EAP and Work-Life Services

## An Overview for Employees

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.



### The EAP Can Help with Almost Any Issue

EAP benefits are available to all employees and their families at NO COST to you. Help is just a phone call away. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with a consultant.



### EAP Services for Employees and Families

**Confidential Counseling:** check with your OEBC employer for the number of free sessions available to you.

- ▶ 24-hour Crisis Help: toll-free access for you or a family member experiencing a crisis.
- ▶ In-person Counseling: up to 3 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.
- ▶ Phone Counseling: members can now choose to work with a counselor by phone to better accommodate busy schedules and other challenges related to in-person office visits.



### Online Resources at [ibhsolutions.com](http://ibhsolutions.com)

- ▶ [ibhsolutions.com](http://ibhsolutions.com): access life-balance and wellbeing resources, webinars, monthly newsletters, member materials, and more.
- ▶ Lunch & Learn Webinars: free monthly supervisor and employee webinars are followed by a live Q + A. Go to [ibhsolutions.com](http://ibhsolutions.com) and click the Webinars link to sign up or view past webinars via the RBH YouTube link.
- ▶ Resilience Webinars: industry experts will present quarterly employee webinars on resilience specific topics such as mindfulness, team resilience, and emotional intelligence.

### Access Counseling and Benefit Information

CALL 866-750-1327

WEBSITE [ibhsolutions.com](http://ibhsolutions.com)

- Select Members from the top right corner
- Click on the RBH logo
- Enter your Access Code: OEBC
- Click the My Benefits button

# Work-Life Services

## Balancing Life at Work and Home

Your EAP provides a wide range of work-life balance services to help you survive a variety of challenges.

- ▶ **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 Help:** 30 consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.
- ▶ **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 or restoring your identity and credit after an incident.
- ▶ **College Planning Program:** access a free 15-minute consultation with a college planning specialist to assist with SAT/ACT prep, scholarships, grants, financial aid and other college related issues followed by a 30% discount in program fees.



### EAP Services + Support for Supervisors

Managing people can be challenging. All supervisors have fast access to phone consultations, trainings about the EAP and management topics such as:

- |                           |                            |
|---------------------------|----------------------------|
| Critical incidents        | Organizational development |
| Drug-free workplace       | Education and training     |
| Making employee referrals | Conflicts in the workplace |

To Access EAP Services Call: 866-750-1327

### Access Online Work-Life Balance

WEBSITE [ibhsolutions.com](http://ibhsolutions.com)

- Select Members from the top right corner
- Click on the RBH logo
- Enter your Access Code: OEGB
- Click the My Benefits button



Your EAP benefit is provided by your employer and delivered by Reliant Behavioral Health (RBH, an IBH Company).