



# 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 OEBB 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:**

Face-to-face counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

**Online Consultations:**

Convenient access to online consultations with licensed counselors.

**Phone Counseling:**

Members can choose to work with a counselor by phone to better accommodate busy schedules and other challenges related to in-person office visits.

Access Counseling and Benefit Information

Call: 866.750.1327

Website:

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

- Click on the RBH logo
- Enter your Access Code: OEBB
- Click the My Benefits button



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

### **ibhsolutions.com/members:**

Access life-balance and wellbeing resources, monthly webinars, newsletters, and more.

### **EAP App:**

The app provides easy access to EAP resources wherever and whenever you need them.

### **Resilience Webinars:**

Industry experts will present quarterly employee webinars on resilience specific topics.

## 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.

### **Online Legal Forms:**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

### **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.

### **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.

### **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.

### **Identity Theft Services:**

Access support in planning the recovery process or restoring your identity and credit after an incident.

## 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
- Drug-free workplace
- Making employee referrals
- Organizational development
- Education and training
- Conflicts in the workplace

To Access EAP  
Services Call:  
866-750-1327

