

Employee Assistance Program (EAP)

OEBB EAP 2020-2021
Program Year



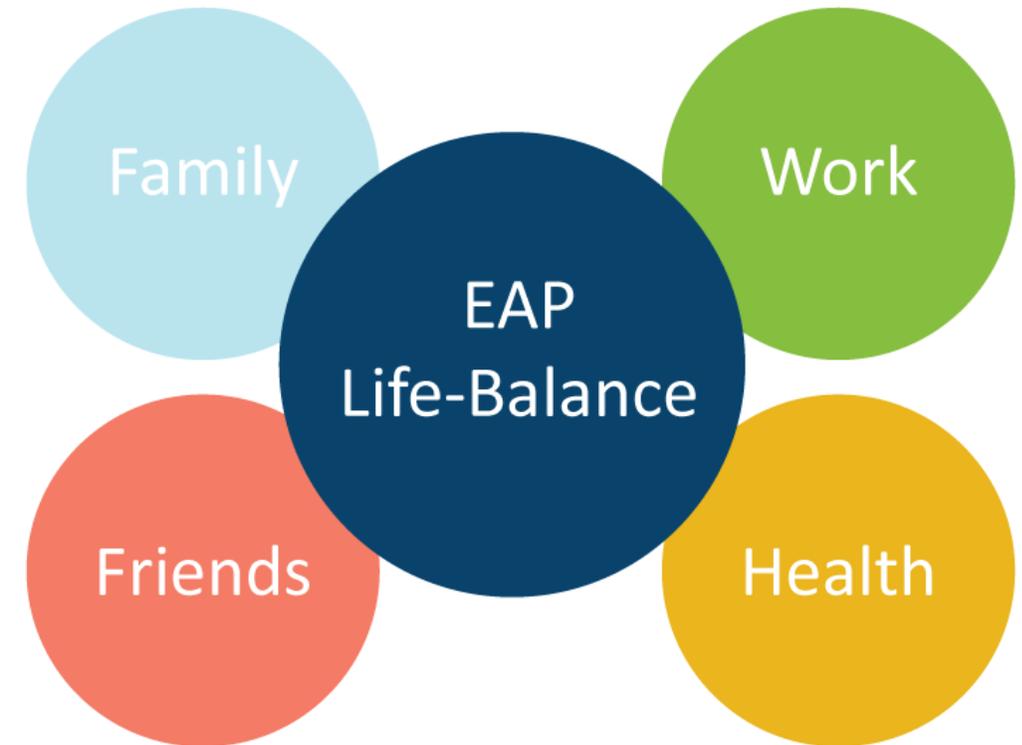
WHAT IS AN EAP?

Connect with Your EAP

866.750.1327

lbhsolutions.com/members

1. Work-Life Balance Resources
2. Counseling & Other Work-Life Services
3. Confidential
4. Employer Paid
5. OEBB Employees & their Household Members



COUNSELING

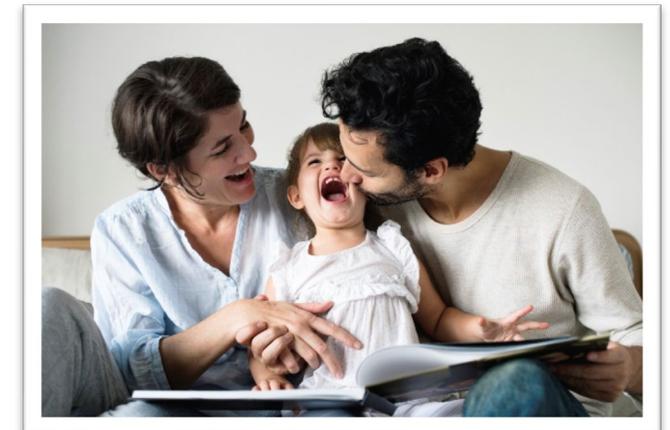
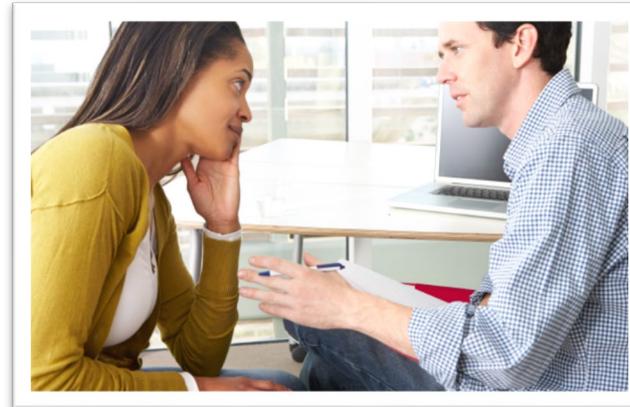
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Access Code: OEBB

- Face-to-Face Sessions
- Telephonic Sessions
- Video Sessions
- No Co-Pays
- 24/7-365 Crisis Help
- RBH eAccess
- Tess Chatbot **(New)**
- Online Peer Support **(New)**



WORK-LIFE BALANCE RESOURCES

Connect with Your EAP

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Access Code: OEGB

- Legal & Mediation
- Childcare, Adult & Eldercare
- Online Will Preparation
- Home Ownership Program
- Identity Theft Resources
- Financial Resources
- College Planning Program



RESILIENCE RESOURCES

Connect with Your EAP

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Access Code: OEGB

- Free Quarterly Resilience Webinars
- Optional 1:1 Resilience Coaching



IBHSOLUTIONS.COM/MEMBERS

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IBH | POPULATION HEALTH SOLUTIONS

Members, log into your account.

Click on your benefit provider to log in to your account.

IBH | **RBH** Reliant Behavioral Health | **AB** American Behavioral | **QHS** Quality Health Solutions

EAP PREFERRED

- [BACK TO HOMEPAGE](#)
- [ABOUT US](#)
- [RESOURCES](#)
- [PROVIDERS](#)
- [MEMBERS](#)

Looking for another way to get in touch?

[Give Us a Call](#)

Employee & Member Resources

[Upcoming Employee Webinars](#)

[EAP Newsletters](#)

[Past Webinars](#)

Bright Ideas for Members

[Home](#) [Webinars](#) [Newsletters](#) [Contact](#) [MyRBH.com](#)



Welcome to RBH

RBH has been delivering confidential life solutions to people across the country for nearly 25 years. We always work to give members useful services that bring real value into your life.

For example, the EAP includes easy, free, online legal forms. You can create wills, leases, contracts, and other legal forms. Then you can access, change, download, and print them as needed.

Learn about all of your RBH benefits by entering your Access Code and clicking the "My Benefits" button on this page.

My Benefits

Enter your access code to:

- View Your Benefits
- Login to Personal Advantage
- Request Counseling or Other Services

Don't know your group Access Code? Email to request it: HelpDesk@ReliantBH.com



Bright Ideas for Members

[Home](#) [Webinars](#) [Newsletters](#) [Contact](#) [MyRBH.com](#)

Welcome OEBB Member

If you are in a crisis, want to use your benefits, or have questions, call 24 hours: 1-866-750-1327

Counseling - Please Contact RBH for Session Benefits

- **24-hour Crisis Help** - Toll-free access for you or a family member experiencing a crisis.
- **Confidential Counseling** - Face-to-face counseling sessions for each new issue, including family, relationships, stress, anxiety, and other common challenges.
- **Confidential Telephonic Counseling** - Telephonic counseling sessions for each new issue, including family, relationships, stress, anxiety, and other common challenges.
- **eAccess** - Convenient access to online consultations with licensed counselors. [Go to eAccess](#)
- **Free 24/7 On-Demand Emotional Wellness Support** - Tess is a chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to make you feel better! Click [here](#) for more info.
Text "Hi" to +1 650 825 9634 to Get Started
- **Peer Support Groups** - During your call with an IBH counselor, you may receive a referral to participate in an online group support program. Peer Support is available for a variety of issues including: post-partum depression, anxiety, depression, bipolar disorder, addiction and caregiving.

Go To Personal Advantage

Personal Advantage includes movies, trainings, assessments, articles, and other resources for life balance and well being.

[Personal Advantage](#)

Click for help: helpdesk@reliantbh.com



Featured this month:
Parenting Tools

Webinar

Quick Tip

More Resources



Connect with Your EAP

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lbhsolutions.com/members

Access Code: OEBC

Organize tasks and resolve issues using **PERSONAL ADVANTAGE** online work-life resources.

Savings Center

My Stress Tools

Training Center

Health

Financial

Webinars

Resilience Journey

Legal Resources/Forms

Relationships

Emotional Wellbeing

Assessments

Personal Growth

Recipes

Health Videos

THANK YOU!

Connect with Your EAP

866.750.1327

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Access Code: OEBB

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