

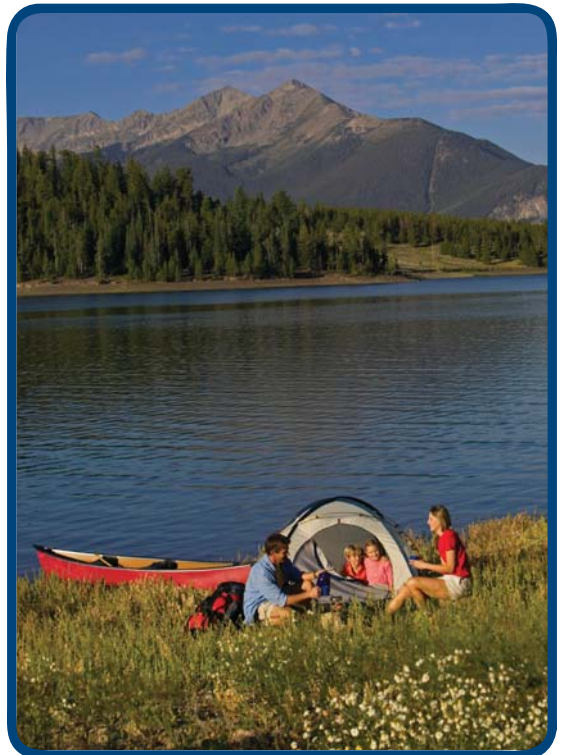
Employee Assistance Program + Work-Life Balance

EAP and Work-Life services are provided by Employers Resource and administered by Reliant Behavioral Health (RBH). These services help people to privately resolve problems that may interfere with work, family, and life.

The EAP is provided for **FREE** (no out of pocket cost), and confidential services cover employees and their dependents, living at or away from home, and all household members, related or not.

Counseling

- **Confidential Counseling** - up to three (3) face-to-face counseling sessions for each new issue, including family, relationship, stress, anxiety, and other common challenges.
- **24-hour Crisis Help** - toll-free access for you or a family member experiencing a crisis.
- **RBH eAccess™** - convenient access to on-line consultations with licensed counselors.



Life Balance

- **RBH StayActive** - discounts to local services and activities help to keep employees and families active. Participating vendors are posted on MyRBH.com, and members just show the RBH GoCard for savings.
- **Legal Services** - a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*
- **Will Preparation** - a free, simple kit for member completion, returned for review by a legal professional.
- **Mediation Services** - free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate. A discount of 25% is available if a professional mediator is retained.
- **Financial Services** - free telephone consultations for financial issues such as debt counseling, budgeting, and college or retirement planning. A discount of 25% is available if a CPA is retained.
- **Identity Theft Services** - support in planning the recovery process for restoring your identity and credit after an incident.
- **Personal Advantage** - a life balance website with current articles on health conditions, tools for parenting, health assessments, health-topic movies, and other interactive tools including access to more than 50 on-line trainings.
- **Worksite Services** - telephonic supervisor consultations, on-site orientations, topical trainings, critical incident response, and on-line supervisor resources.



Connecting.

Plug into Personal Advantage so you don't get left behind.

Most people could use more tools and support for organizing their lives. You might need information to improve your communication or leadership skills. It's hard to make time to find good, useful resources.

You have easy access to over 50 on-line trainings for personal and professional improvement.

Training topics include:

- Delegating
- Leading Effective Meetings
- Creating a Strong Work Team
- Solving Problems as a Team
- Appreciating Personality Differences
- Achieving Personal Goals
- Balancing Work and Family
- Effective Communication
- Conflict Intervention
- Managing Stress
- Presentation Skills
- Managing Projects
- Business Writing Skills

You don't have to spend precious time searching for the resources you need to overcome challenges. *It's all in one place at Personal Advantage.*

Access On-line Trainings

1. Go to www.MyRBH.com
2. Login using your Access Code: **Employers Resource**
3. Click the Personal Advantage tab
4. Click on the Personal Advantage button
5. Once inside Personal Advantage, click on the Personal Growth tab to access trainings (see the screenshot to the right)
6. Click the training topic of your choice to begin your training



Home | Emotional Wellbeing | Family Life | Financial | Health | Legal | Small Business | **Personal Growth** | Stress | Materni

Personal Growth

Manage your time more wisely, communicate better with your supervisor and spend more time with your family.

We offer instructional information on everything from effective communication to leadership. If you need help writing a presentation or planning a meeting, we have resources that will help. If you need to manage your time at home and at work better, look no further.

For additional assistance and resources, visit www.myrbh.com to learn more.

Search in **All Categories**

FEATURED ARTICLE

How to Sit More Comfortably on the Job
If you spend most of your workday sitting down, you can do your body a favor by sitting properly in a chair designed for maximum support and comfort.

Business Management Courses

[Business Writing Basics](#) [Understanding and Using Contracts](#)

[Successful Negotiation](#)

Communications Courses

[Basics of Effective Communication](#) [Presentation Skills](#)

SOLUTION CENTERS

Solution Centers offer resources that are tailored to specific life needs, providing you with the right tools to help through some of life's toughest challenges.

- [H1N1 \(Swine Influenza\)](#)
- [Back-Up Care](#)
- [Business Continuity Planning](#)
- [Adoption](#)
- [Alcohol](#)
- [Anxiety](#)
- [Bird Flu](#)
- [Buying a Car](#)
- [Buying a home](#)
- [Cancer](#)
- [Child Care](#)
- [Obsessive-Compulsive Disorder](#)
- [Debt and bankruptcy](#)
- [Depression](#)
- [Diabetes](#)
- [Dieting](#)
- [Divorce and child custody](#)
- [Eating disorders](#)
- [Elder Care](#)
- [Estate and retirement planning](#)
- [Fitness](#)