

# No Time for Counseling?

**Are personal problems impacting your life? Are you dealing with stress at work or at home? Maybe you're facing a relationship issue or parenting challenges?** Regardless of the issue, your Employee Assistance Program (EAP) can help you resolve your problem with free, confidential counseling.

**But what if you don't have time to go visit a counselor in person? What if you just have a quick question and need a quick answer?** If you're like most people, you live a busy life. Maybe you can't find a baby sitter or break away from work for an appointment. Maybe you can't find a ride. Now nothing can keep you from getting the help you need, because RBH has a simple solution for you.



## Your Solution

Your EAP provides a new service, **RBH eAccess™**, to help you resolve personal issues, so now you can **spend less time dealing with problems** and more time living your life.

RBH eAccess™ offers convenient, free access to professional, on-line consultations—*it's another easy access point* to the EAP. Licensed clinicians are available to support you if you feel you may not be ready to try face-to-face counseling or may not have time to attend counseling at this time. RBH designed this convenient option with shift workers, single parents, and other busy people in mind. We also understand that like many people, you may simply prefer using on-line solutions for managing your life.

## Easy to Use

RBH eAccess™ is easy to use, so you can reach for help and start resolving your problems right away:

- **Free**—it's included with your EAP
- **Confidential**—the site is secure and privacy is protected (no personal information is reported to your employer)
- **Professional**—licensed clinicians help resolve issues on-line (face-to-face referrals may be made as appropriate\*)
- **Convenient**—support is just a few clicks away →

*\* RBH eAccess™ is not a replacement for local counseling; the on-line clinician will work with you to determine if on-line consultation is right for you.*

## Try It

1. Go to [www.MyRBH.com](http://www.MyRBH.com)
2. Click the "Member" button
3. Enter Access Code:
4. Hover over the "EAP" tab
5. Click on **eAccess** in the menu and register