

# Step Up

If you are struggling with a personal problem, call your Employee Assistance Program (EAP). The EAP can help you solve personal and professional issues so you can regain balance in your life, at work, and at home.



## *Kaniksu Community Health*

The EAP provides counseling, 24/7 crisis support, and access to counselors online.

You also have wellness and work-life balance services, including legal and financial help, child and adult care resources, and online tools and information.

Confidential services are available at no cost to you, and cover your dependents and all household members, related or not.

**Free. Easy. Confidential.**

**1-866-750-1327**

**[www.MyRBH.com](http://www.MyRBH.com)**



Your EAP is provided by your employer or health plan and is delivered by RBH, RBH EAP Poster (2012 Q3 Tabloid)