



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:

Up to **5** face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

24-hour Crisis Help:

Toll-free access for you or a family member experiencing a crisis.

Tess, AI Chat-bot:

24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to +1 650 825 9634 to get started.

Peer Support Groups:

Online support groups for addiction, depression, bipolar and anxiety.

Access
Counseling
and Benefit
Information



Call: 800-395-1616

Website:

ibhsolutions.com/members

- Click on the IBH logo
- Username: CorvallisSD
- Password: EAP2020
- Click the My Benefits button

Online Resources at ibhsolutions.com/members

ibhsolutions.com/members:

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

EAP App:

Easy access to information about the EAP, upcoming events and resources (search for “IBH Mobile” in the App Store).

Lunch + Learn Webinars:

Industry experts will present live monthly employee and supervisor webinars on a variety of topics, followed by Q+A.

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:
800-395-1616

