

# 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 full time 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.

#### Confidential Counseling:

Up to **3** 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, anxiety, parenting, LGBTQ+, frontline workers, and grief.

Access  
Counseling  
and Benefit  
Information



**Call: 800-925-5EAP**

**Website:**

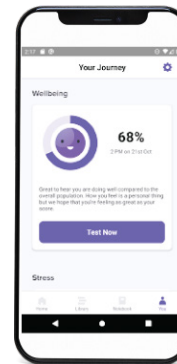
**[ibhsolutions.com/members](https://ibhsolutions.com/members)**

- Click on the AB logo
- Wellbeing Website
- Click "SIGN IN" to REGISTER
- Enter your Company Name: BALDWIN

# Uprise IBH App

**The Digital Health Program is designed to help reduce stress and keep you healthy.**

- Bite-sized training is available from your desktop or mobile app
- Take the assessment and check your wellbeing score
- Get your own personalized recommendations
- Skills training to develop your resilience, stress management, and mental fitness
- Speak with a coach via phone or asynchronous chat



## Online Resources at [ibhsolutions.com/members](https://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.

### **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.

### **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.

### **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.

### **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.

### **Identity Theft Services:**

Access support in planning the recovery process or restoring your identity and credit after an incident.

### **Online Legal Forms:**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

### **Mediation Services:**

Request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

## 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:  
**800-925-5EAP**

