

# employee assistance program

## What Is the Employee Assistance Program?

The Employee Assistance Program (EAP) provides resources to help resolve personal concerns that may be affecting your health, well-being, family life or job performance. It provides confidential assistance to you and your family members 24/7.

In-person sessions are available with an EAP counselor in your area. The counselor will help you evaluate your concerns and suggest the next best steps. You may contact the EAP for any number of reasons, including:

- Stress related to work, family and personal life
- Balancing work and family
- Coping with change and transition
- Anxiety or depression
- Grief and bereavement
- Marital, family and parent-child issues
- Problems with alcohol and drugs
- Financial and legal concerns

### WHAT DOES THE EAP INCLUDE?

- Up to five counseling sessions per eligible person per year at no cost to you
- 24/7 phone access to live counselors, 365 days a year for assessment and referral



- Website access at [www.feibh.com/rsi](http://www.feibh.com/rsi)
- Toll-free number: 1.800.323.0751
- Legal services: one consultation per legal matter
- Financial services: one consultation per financial matter

### HOW DO I ACCESS THE EAP?

Begin by calling your toll-free number at 1.800.323.0751 to access services, and plan to spend up to 15 minutes with an EAP counselor for an initial phone interview. You may also contact the program online at [www.feibh.com/rsi](http://www.feibh.com/rsi).

### WHAT CAN THE EAP DO FOR ME?

- Provide professional, confidential assistance to address concerns and develop a plan of action
- Provide short-term counseling and/or referrals to community resources

Ryder System, Inc. Employee Assistance Program