

## Your total well-being & mental health benefit

You and your eligible family members can trust our Employee Assistance Program services to address your total well-being by providing barrier-free access to mental health and virtual life services

## **Get Started Now**

WWW.BREEHEALTH.COM 1.800.327.2255 APP: BreeHealth



COMPANY ID: 9045

Company ID is needed to create an online account



## NO-COST, 24/7 CONFIDENTIAL SOLUTIONS TO LIFE'S CHALLENGES



Coaching & Counseling Services



Legal & Financial Counseling



Health Advocacy



Work Life Balance



On-line Portal Access Code 9045



Company Discounts

## YOUR WELLNESS MATTERS

RCSD's Employee Assistance Program (EAP), is a comprehensive and confidential service, and your key to a healthier, happier and more fulfilling professional journey. Whether you're dealing with stress, burnout, anxiety, or other concerns, our EAP is your safe space to share, heal, and grow. You're not alone – we're with you every step of the way.

OFFICE OF HUMAN CAPITAL (585) 262-8206 | BENEFITS@RCSDK12.ORG