



Employee Guide

Employee Assistance That Works for You

A Confidential Source of Help for Personal Concerns

RIEAS is a confidential resource for employees and their family members facing a wide variety of personal concerns. Experienced, compassionate consultants are available 24 hours a day, 365 days a year to provide you with immediate support as well as referral and follow-up services. Our consultation services are offered to you as a cost-free employee benefit.

1.800.445.1195 | www.rieashelp.com

RIEAS Is Easy to Use

Simply call and identify yourself as an employee or the family member of any employee. A consultant will take your call and listen to your concerns. Whether you have a question about services and resources or you are in the midst of a crisis, we welcome your call. You and your family members may use our services as often — and for as many different reasons — as needed.

Employee Assistance



That Works For You

300 Centerville Rd., Suite 301 South
Warwick, RI 02886-0219
401-732-9444

Call toll-free: **1-800-445-1195**

Dial 711 for hearing or speech-related
call relay assistance

Visit our website: www.rieashelp.com

A Professional Resource

RIEAS consultants assist employees with many concerns, including:

- Grief
- Anger
- Stress
- Anxiety
- Addictions
- Depression
- Legal Issues
- Family Matters
- Childcare/Eldercare
- Financial Worries
- Relationship Conflicts

An RIEAS consultant will work with you to get to the heart of the matter and develop a plan of action to address it. If referral to treatment or other resources is needed, your RIEAS consultant will research the best options and help arrange for these services.

Information You Can Use

RIEAS maintains a website for employees, www.rieashelp.com, that offers useful articles and information, along with links to specialized resources. RIEAS also provides a monthly newsletter, *EAP News*, that highlights current topics and issues.



A Caring Resource

When we receive your call, an RIEAS consultant will:

- Provide immediate assistance or, if you prefer, schedule a time to speak later
- Assess any crisis needs and long-term concerns
- Offer support and expertise to help you address your particular needs
- Locate helpful resources within your community
- Clarify insurance coverage and provider options
- Seek free or sliding-scale services for those without insurance coverage

After addressing your immediate concerns, the RIEAS consultant will work with you on an ongoing basis as needed.

A Confidential Resource

RIEAS maintains strict adherence to State and Federal laws, including HIPAA, governing the confidentiality of medical records. All records are kept in locked files in the custody of RIEAS and cannot be accessed by your employer.

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