

Resources for Living

Here to help you thrive in life.



Elevate your emotional wellbeing **any time** of day, **any day** of the week, **confidentially**, and **cost free**.

Mountaineers can call on Resources for Living to help manage life's moments and matters. Professional, confidential, caring experts are ready to help you and members of your household find mental health, financial, legal, and community resources.

- **Emotional Support**
 - EAP clinicians help you elevate wellbeing and resilience; manage stress, anxiety, grief, depression, addiction, trauma, burnout, substance misuse
 - Clinical support is available face-to-face, telephonically, and by video or text (where possible)
- **Relationship and Family Matters**
 - Family / marital guidance, parenting issues, personal care, self improvement, setting boundaries, making time for you, conflict resolution
- **Financial / Legal Counsel**
 - Guidance and referrals on matrimonial law, wills and probate, taxation, housing and rental agreements, debt or credit issues
- **Community Resources**
 - Support groups, special interest classes, local transportation, in home care and short term back up care, recreational and volunteer activities
- **Caregiver Needs**
 - Support groups, respite options, elder care, child care, special needs, pet aid
- **Emergencies / Basic Needs**
 - Temporary housing, food programs/ food pantries, emergency financial assistance, disaster management, utility assistance
- **Online Wellbeing Tools**
 - Cognitive Behavior Therapy (CBT) digital self guided tool, live and recorded webinars, videos, articles, podcasts
- **Leader Services Resources**
 - Management consultations, management referrals, trainings led by expert EAP clinicians, critical incident support, Leader web portal



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Username: IRM
Password:Mountaineer

Global (non-U.S.)
Username: Iron Mountain
Password: Mountaineer

