



# You're Not Alone

If you are struggling with loneliness a bit (or a lot), we have a **free, helpful service** to offer you. Join an online support group with others who have similar issues and can offer you **ideas, support, and encouragement**.

Support groups from Reliant Behavioral Health (RBH) are **easy to access** by computer, tablet, or smartphone. They are an RBH EAP enhancement provided by your employer.

Attend up to **10 free online sessions** in a group that suits your needs, including: Addiction Recovery, Depression Recovery, Get It Done When You're Depressed, Depression Support, or Women's Depression Support.

## Register for a Support Group

**Simply call IBH:**

**800-395-1616**

An IBH care manager will quickly register you online so you can get started soon.

Each group is led by a Certified Peer Specialist who helps everyone get the support they need.



# Get Help at Home

When you're not feeling well, sometimes the last thing you want to do is travel somewhere to get help. Online support groups **come to you, wherever you are.**

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