



REEP's Mental Health Support Resources

You AreNotAlone 

At REEP Residential, we understand that life can sometimes feel overwhelming – which is why it's so important to us to have programs available for every employee.



When Can Mental Health Support Help?



Stress & Anxiety



Burnout



Grief & Loss



Relationship Challenges



Family Challenges



Postpartum Depression & Anxiety



Emotional Exhaustion



Work-Related Stress



Depression



Simply needing someone to talk to



Your Available Employee Support Benefits

Mutual of Omaha

- 3 FREE counseling sessions – Available to all employees at no cost.
- Phone: 1-800-316-2796

Blue Cross Blue Shield

- 5 FREE face-to-face counseling visits – Available to all employees at no cost.
- Phone: 1-844-213-8968

Both resources are completely confidential and available to support you and your eligible family members who reside in your household.

Scan for more info



Escanee para español



These Services Are: **Confidential**

Free

Easy to Access