



# Your total wellbeing & mental health benefit

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

***Get Started Now***

[WWW.NEXGENEAP.COM](http://WWW.NEXGENEAP.COM)

1.800.327.2255

APP: NEXTGEN EAP



**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](mailto:BENEFITS@RCSDK12.ORG)