



**As a resident at County of Riverside, you have access to confidential counseling when you need it.**

**The Med Plus Advantage program continues to address the needs of students with the Resident Assistance Program, available through your group long-term disability program.**

## **Resident Assistance Program Includes:**

- Confidential assistance for problems and work-life concerns, including counseling and in the moment support
- 3 crisis counseling sessions with a local counselor
- 24/7 access by phone, online, live chat, and text

## **Additional Services:**

- Professional help for depression, family/relationship issues, stress/anxiety, and financial & legal concerns
- In addition to the crisis counseling sessions, services include legal services, online will preparation, and identity theft & fraud support

To access your Resident Assistance Services,  
visit [healthadvocate.com/Standard6](https://healthadvocate.com/Standard6) or call 877-851-1631.

