

# A LIFE ASSISTANCE PROGRAM FOR FACULTY, STAFF, AND THEIR FAMILIES

*Let us lend a helping hand - Anytime, day or night*

## Ohio State Employee Assistance Program

Ever wish you had someone to lean on for professional advice and support? The Ohio State Employee Assistance Program (EAP) is here to help you and your dependents with all types of life challenges that affect your health, family, or job—no challenge is too serious or too simple.

The EAP program offers benefits-eligible faculty and staff—and their dependents—many complimentary, **confidential** services including:

- ▶ Live phone support with a licensed professional, 24/7/365.
- ▶ Five counseling sessions per issue.
- ▶ Provider access—professionals are conveniently located near your home.



 (800)-678-6265

 [EAP@osumc.edu](mailto:EAP@osumc.edu)

## The Ohio State EAP Can Help With:

- Building Resiliency
- Childcare and Eldercare Resources
- Depression
- Family Conflict
- Financial Consultation
- Grief and Loss
- Identity Theft Support
- Legal Consultation
- Stress and Anxiety
- Substance Abuse
- Work Challenges
- And Much More!

**Confidential e-mail:**  
[EAP@osumc.edu](mailto:EAP@osumc.edu)

**YOUR PLAN  
FOR HEALTH**



**THE OHIO STATE UNIVERSITY**  
HEALTH PLAN

*Before life's little challenges pile up and become big problems, let us lend a helping hand.*

Contact us at (800)-678-6265 or [EAP@osumc.edu](mailto:EAP@osumc.edu), 24/7/365 or  
visit [osuhealthplan.com/OhioStateEAP](http://osuhealthplan.com/OhioStateEAP) for more information.