The EAP provides complimentary and accessible counseling, consultation, and human relations training by licensed, experienced masters- and doctoral-level mental health professionals.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

Your Plan for Health (YP4H) and The Ohio State Employee Assistance Program (EAP)

Serving the Manager ... Serving the Employee

Don’t wait until home and workplace issues become unmanageable.

EAP services are complimentary to benefits-eligible faculty and staff, their immediate families, and members of their household (five counseling sessions annually per problem). Parents and parents-in-law also are eligible. All individual counseling experiences are kept strictly confidential as required by law.

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.
Managers are trained in many skills, but supporting the emotionally distraught, giving legal advice, advising on finances, encouraging grieving colleagues, or helping solve relationship conflicts are usually not part of the expected skill set.

Managers, however, are often faced with just these situations.

We live in a fast-moving society where change comes at us at an ever-increasing pace—in the workplace and in our personal lives.

Change always brings stress, but significantly or chronically stressed faculty and staff rarely do their best work.

EAP professionals are trained to help individuals and groups deal with difficult situations. Counselors are available on campus, and through our partner, IMPACT Solutions, a state-wide network available to benefits-eligible faculty, staff, and dependents, ensuring that all regional campuses and extension offices have access to EAP professionals.

To schedule a meeting, call 800-678-6265.

Off-campus and off-hour counselors are available through IMPACT Solutions 24/7. They can be reached by calling 800-678-6265.