



THE OHIO STATE EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Ohio State Employee Assistance Program (EAP) is an important component of Your Plan for Health (YP4H), providing tools and resources to help benefits-eligible faculty, staff and their eligible family and household members address mental health and emotional well-being. The EAP provides up to five complimentary counseling sessions, consultation, crisis response and training by licensed, experienced masters-and doctoral-level mental health professionals. Counseling experiences are kept strictly confidential, as required by law.



THE OHIO STATE EMPLOYEE ASSISTANCE PROGRAM (EAP)

For Live, Immediate Assistance 24/7

Call • 800-678-6265

For Non-urgent Inquiries

Email • eap@osumc.edu

Connect by using Tess, our
mental health chatbot.

Start chatting with Tess by
texting “Hi” to +1 (415) 360-0023

Start code: buckeyes

For on-line service requests for
counseling or daily living services, visit
osuhealthplan.com/OhioStateEAP. Scroll
down to the “login to EAP” button, use
“buckeyes” as your username, and then
click on the “help” icon.



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*Before life’s challenges
pile up and become
bigger problems, let us
help you find your way.*



HOW CAN THE EAP HELP ME?

EAP through our partner, IMPACT Solutions, offers multiple ways to connect with confidential counseling resources:

- Depression, Anxiety, and Mental Health Issues
- Substance Abuse Concerns
- Stress Management Strategies
- Conflict Resolution
- Relationship Skill Development
- Dealing with Grief and Change
- Referrals to Community Resources
- Employee Emergency Fund for Short Term Financial Crisis
- Five complimentary EAP sessions per occurrence

HOW CAN THE EAP HELP MY TEAM?

- Manager Consultations
- Crisis Intervention and Debriefing
- Workshops on:
 - Stress Awareness and Reduction
 - Incivility in the Workplace
 - Developing Emotional Intelligence
 - Change Management
 - Resilience in the Workplace
 - Mindfulness
 - Team Building and Communication

ON-LINE RESOURCES

Find OSU EAP online information at OSUHealthPlan.com/OhioStateEAP.

“My 75-year-old father fell recently and I started to worry about him living on his own and taking care of himself. I called the OSU EAP and they put me in touch with an Elder Care Specialist who walked me through different options and made the process easy for us to understand. I am so grateful for a free benefit like this.” - Bethany R.



HOW DO I GET STARTED WITH AN EAP PROFESSIONAL?

The EAP provides up to five complimentary counseling sessions. Call 800-678-6265 to speak with a counselor 24/7 or visit our website at OSUHealthPlan.com/OhioStateEAP, scroll down to the “login to EAP” button, use “buckeyes” as your username, and then click on the “help” icon to complete an online service request form. Counseling is available in-person, via video, or by phone for in-the-moment support. Counselors are available through the OSU Health Plan and our partner, IMPACT Solutions. A state-wide network of professionals are available to benefits-eligible faculty, staff and their eligible family and household members. EAP professionals are trained to help individuals and groups address difficult situations.

DAILY LIVING SERVICES PROVIDED BY THE EAP

- Legal Consultation and Referrals
- Financial Counseling
- Elder Care Coaching (telephonic)
- Mindfulness Coaching (telephonic)
- Online Child Care Locator
- Identity Theft Recovery
- Online Webinars



We support our Buckeyes!