

**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)**

For Live, Immediate  
Assistance 24/7  
 **Call • 800-678-6265**

[osuhealthplan.com/OhioStateEAP](https://osuhealthplan.com/OhioStateEAP)  
[eap@osumc.edu](mailto:eap@osumc.edu)



**YOUR PLAN FOR HEALTH (YP4H)  
AND THE OHIO STATE EMPLOYEE  
ASSISTANCE PROGRAM (EAP)**

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



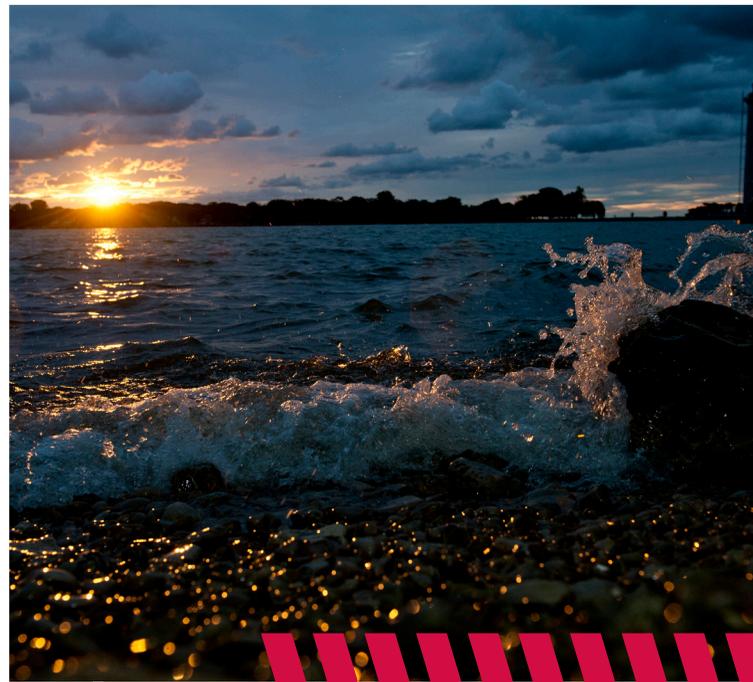
## HOW CAN THE EAP HELP ME?

Life can be difficult—at home and at work. Distractions at home affect our performance at work, and stress at work can affect our relationships at home.

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—and dealing with change can be quite challenging.

From five complimentary counseling sessions to online articles, self-help tools, resources, and interactive features, the EAP can help you with:

- Conflict Resolution
- Couples Counseling
- Interpersonal Skill Development
- A Plan to Develop Resiliency in the Workplace
- Stress Management
- Dealing with Grief and Change
- Advice on Mental Health and Substance Abuse Issues
- Stress Awareness and Reduction
- Anger Management



## WHO WILL KNOW I AM MEETING WITH THE EAP?

All EAP services are confidential.

In situations presenting no risk to safety, information is shared with no one without your written permission, even if your manager referred you to the EAP.

- Your EAP file is **not** a part of your human resources or personnel file.
- Use of the EAP will not jeopardize your job or chances for promotion.
- Participation in counseling is voluntary.
- The decision to visit us is yours.



## ADDITIONAL SERVICES PROVIDED BY THE EAP

- Legal Assistance
- Identity Theft Recovery Assistance
- Child and Elder Care Resources and Referral
- Referrals to Community Resources
- Incivility or Bullying in the Workplace, at Home, or at School
- Self-Management
- Developing Emotional Intelligence
- Change Management
- Financial Counseling and an Employee Emergency Fund for Short-term Financial Crises
- Grief Management

## ON-LINE FEATURES

The OSU EAP offers online information at [www.OSUHealthPlan.com/OhioStateEAP](http://www.OSUHealthPlan.com/OhioStateEAP)

Scroll down the page, click on the “Click here” link and use “buckeyes” as your username.

Monthly newsletters are available on this link on a variety of topics. You will also find a highlighted feature of the month.

Information for managers and supervisors

- How to have difficult talks
- Self-guided lessons for employees with learning modules

The OSU EAP is not just for employees. All family members who are eligible dependents can use the OSU EAP services.

Additional eligible groups include:

- Parents and parents-in-law- regardless of what state they live in;
- Anyone living in the household with you regardless of their dependent status.

## HOW DO I GET STARTED WITH AN EAP PROFESSIONAL?

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.