



THE OHIO STATE UNIVERSITY

## Life comes with challenges. The Ohio State Employee Assistance Program is here to help.

The Ohio State Employee Assistance Program (EAP), a partnership with *IMPACT Solutions*, an AllOne Health Company, can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All benefits-eligible employees, their spouse/partner, dependents, household members and parents/parents-in-law are eligible to use any of the below services:

### 5 Mental Health Counseling Sessions

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues.

### Financial Education

Learn about financial wellness topics related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

### Legal Consultation

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

### Work-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

### New! Member Portal

Access your benefits 24/7/365 with online requests and chat options. Discover thousands of articles, webinars, podcasts, and tools to enhance your health and total well-being.

### New! Personal Assistant Services

Save time with by receiving referrals for travel and entertainment, professional services, cleaning services, home food delivery, and managing everyday tasks.

### New! 5 Life Coaching Sessions

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.

### New! Medical Advocacy

Get help with adult care for an aging parent, securing transportation to and from appointments, and planning for transitional care and discharge.



Contact Ohio State EAP  
Call: 800-678-6265  
Visit: [osu.mylifeexpert.com](http://osu.mylifeexpert.com)  
Code: buckeyes

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