



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 AllOne Health, 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.

**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.

**Personal Assistant Services**

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

**5 Life Coaching Sessions**

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

**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

