



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
Code: buckeyes

ALLONE
HEALTH