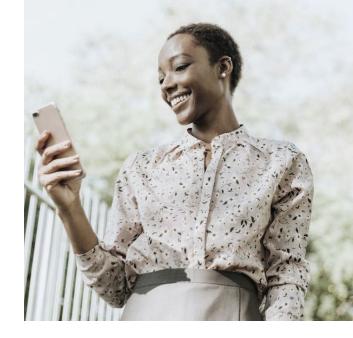


### Virtual Therapy at Your Fingertips

# The Ohio State Employee **Assistance Program**

In addition to the network of community and campus-based counselors, you now have access to 24,000+ licensed, professional therapists that you can connect with online to get advice, guidance, and counseling for depression, anxiety, relationships, self-esteem, stress, grief, eating disorders, and more.







Live Telephonic

Live Video Sessions



Messaging

Sessions

#### It's Professional.

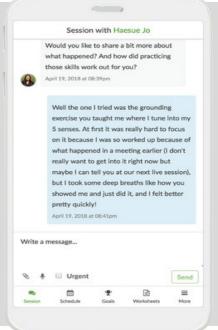
All therapists are licensed, accredited professionals. Anything and everything you share is confidential.

#### It's Accessible

Access your private chat room on any device with internet connection at any time. Easily schedule your live sessions to a day and time that works around your busy schedule.

#### It's Free to Get Started

After your employer-covered sessions (up to 5 sessions) are complete, you may continue sessions with your counselor for a fee.



## **Request Virtual Therapy:**

- 1. Login or register in the EAP portal <u>osu.mylifeexpert.com</u> (enter the company code, "buckeyes" to register)
- 2. Complete the online request form for counseling
- 3. Select "video" as the modality and in your comments, request "BetterHelp access"
- 4. ImpactSolutions will then email you instructions to help you register and access the BetterHelp (or ReGain for couples counseling) platform.



NOTE: Crisis situations are not a good fit for this platform.

Call the National Suicide Prevention Hotline at 800-273-8255 for immediate assistance.

**Contact Ohio State EAP** Call: 800-678-6265

Visit: osu.mylifeexpert.com

Code: buckeyes

