

Employee Assistance Program (EAP)



Life's not always easy.

Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your **Employee Assistance Program (EAP)** can be the answer for you and your family.

TriHealth EAP is here to help.

TriHealth's EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial matters
- Healthy lifestyles
- Work and life transitions

Individual confidential counseling

TriHealth EAP provides one-on-one sessions with a licensed counselor to address a variety of issues, including stress, anxiety, depression, work/life and family issues.

To schedule a confidential appointment, call TriHealth EAP at 513 891 1627 or 1 800 642 9794

For urgent situations, call us 24/7 to speak with a licensed clinician at 1 800 642 9794.

What does TriHealth EAP cost?

TriHealth EAP is a confidential program prepaid by Cincinnati State Technical and Community College as a benefit at no cost to you and your dependents.

TriHealth's EAP website is: www.trihealthEAP.com

- ❖ **Ask-A-Counselor:** an advice service in which the employee can ask a question and receive a confidential, encrypted answer within two business days.
- ❖ **TriHealth EAP WorkLife Services:** Password: `cincistate`
 - Collection of articles and links to a variety of wellness on financial, parenting, work and emotional issues.
 - Connections to financial educators to assist with debt management, credit report issues, bankruptcy prevention and more.
 - Referrals to local attorneys for a free 30-minute consultation with a 25% discount if you choose to hire that attorney.
 - Referral to an Identity Recovery Professional should you ever become a victim of identity theft.
- ❖ **Trainings:** TriHealth EAP can schedule "Lunch & Learns" and trainings on a variety of topics relevant to employees that are conducted directly at the work site.
- ❖ **Employee Enrichment Series:** Seminars/webinars on a variety of topics available at no cost to employees and their immediate family members. Upcoming seminars/webinars and online sign-ups are available on our website. Archived Webinar Password: `concernweb`
- ❖ **Supervisory Training Series:** TriHealth EAP offers Supervisory Training webinars at no additional cost to our customers. Archived Webinar Password: `concernweb`

With the help of TriHealth EAP, your workplace can be more than a place of employment; it can be a place that nurtures productivity and your personal wellbeing.