



THE OHIO STATE UNIVERSITY



Make Your Mental Health a Priority

When it comes to managing mental health, **you are not alone.** Reach out to your Assistance Program to speak with a mental health clinician about any issue impacting your well-being.

Mental Health Sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, and depression
- Resolve conflict and improve family relationships
- Address substance misuse concerns
- Find support for personal challenges

Sessions are free to use, confidential, and open to family members.

Contact Ohio State EAP
Call: 800-678-6265
Visit: osu.mylifeexpert.com
Code: buckeyes

ALLONE[®]
HEALTH