



The Ohio State Employee Assistance Program Member Portal

Browse benefits. Request services.

The Ohio State Employee Assistance Program (EAP) offers many *everyday resources* to help improve mental health, reduce stress and make life easier— all easily accessible through your personal and confidential member portal available 24/7.

Access Chat, Online Forms and Telephone Numbers

To request mental health sessions and work-life benefit referrals.

Explore Thousands of Self-Care Articles and Resources

Including videos, provider resource locators, personal assessments, calculators and tools.

Events Calendar and Free Webinars

Sign up for the latest webinars and online training sessions.

Getting Started Is Easy

1. Visit osu.mylifeexpert.com
2. Create an account using company code: **buckeyes**
3. Complete registration through the confirmation email, sent to your preferred address



Contact Ohio State EAP
Call: 800-678-6265

Visit: osu.mylifeexpert.com
Code: buckeyes

