



THE OHIO STATE UNIVERSITY

# 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 counseling 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](https://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](https://osu.mylifeexpert.com)

Code: **buckeyes**

**IMPACT SOLUTIONS**  
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