



## Virtual Therapy at Your Fingertips

# The Ohio State Employee Assistance Program



Live Telephonic Sessions

Live Video Sessions



Asynchronous Messaging

Live Chat Sessions

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.

### It's Professional

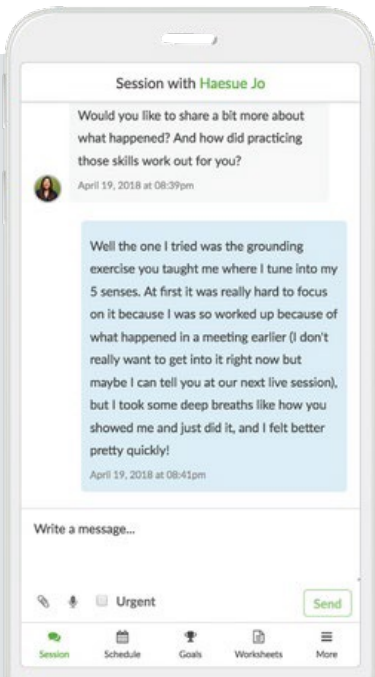
All therapists are licensed, accredited professionals. Anything and everything you share is confidential.

### 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 [osu.mylifeexpert.com](http://osu.mylifeexpert.com) (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. AllOne Health 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](http://osu.mylifeexpert.com)  
Code: buckeyes

**ALLONE**  
HEALTH