



# TriHealth EAP<sup>®</sup>

## Help for Managing Life's Challenges & Opportunities

**TriHealth EAP** is a prepaid benefit available to you as an employee of Xavier University and to your family at no cost, even if you opt out of your employer's health insurance plan. Our confidential services are designed not only to assist you in times of crisis, but also to help you thrive in all aspects of your life.

Xavier University employees, their spouses/partners and dependents in the home are eligible for up to 5 confidential counseling sessions per issue with a licensed counselor. Be assured your employer does not receive names or any information about your participation.

- To schedule a confidential appointment, **call 513 891 1627 or 1 800 642 9794**, or access "Request-a-Counselor" via [TriHealthEAP.com](https://www.trihealtheap.com)
- To speak with a licensed clinician for urgent situations any time 24/7, **call 1 800 642 9794**.

Employees and their families also may access the following services through [TriHealthEAP.com](https://www.trihealtheap.com):

### Ask-A-Counselor

Option to submit questions online and receive confidential, encrypted answers within two business days.

### TriHealth EAP WorkLife Services | Password: **xavier**

Collection of articles and links on multiple topics related to health and well-being

- Free, 30-minute sessions with a financial professional to assist with budgeting, debt management, credit report issues, bankruptcy prevention and more.
- Referrals to local attorneys for a free, 30-minute consultation and, in most cases, a significant discount if you choose to hire that attorney.

### Excelling at Work & Life Training Series

Webinars to equip participants with skills that elevate their ability to thrive personally and professionally. Offered at no cost for employees and their family members through the TriHealth EAP benefit. Topics and registration information for upcoming webinars available on [TriHealthEAP.com](https://www.trihealtheap.com).

### Archived Trainings | Password: **concernweb**

Previously recorded training can be accessed on [TriHealthEAP.com](https://www.trihealtheap.com).

### EAP offers support for many aspects of life:

- Stress Management
- Crisis Support
- Resiliency Development
- Work & Family Balance
- Relationships
- Career Concerns & Exploration
- Emotional Health
- Grief & Loss
- Addictions
- Parenting

### EAP serves our clients through multiple ways:

- Telehealth Video-Counseling Sessions
- Telephonic Counseling
- In-Person Sessions
- On-Site, Video-Conference & Recorded Training

