



# TriHealth EAP®

## COMING SOON – January 1, 2024

TriHealth EAP is a confidential program prepaid by Xavier University as a benefit to you and your dependents at no cost to you. Our 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 faculty and staff, their spouses/partners and dependents in the home are eligible for up to 5 confidential counseling sessions per issue with a licensed counselor:

Team members and their families also may access the following services through TriHealth EAP's website:

- [Ask-A-Counselor](#) | Employees can submit a question online and receive a confidential, encrypted answer within two business days.
- [Request-A-Counselor](#) | Through encrypted email, employees can request the name and contact information of a counselor who can provide counseling through the EAP benefit.
- [TriHealth EAP WorkLife Services](#)
  - \* Collection of articles and links on multiple topics related to health and wellbeing.
  - \* Free, 30-minute session with a financial professional to assist with debt management, credit report issues, bankruptcy prevention and more.
  - \* Referrals to local attorneys for a free 30-minute consultation with a 25% discount if you choose to hire that attorney.
- [Excelling at Work and Life Series](#) | Webinars on a variety of topics available at no cost to employees and their immediate family members.

TriHealth EAP serves our clients through multiple channels:

Telehealth Counseling Sessions

In-Person Sessions

On-Site or Video-Conference Training

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And, we offer assistance with a variety of issues:

Stress Management

Crisis Support

Resiliency

Work & Family Balance

Relationships

Career Concerns & Exploration

Emotional Health

Grief & Loss

Addictions

Financial Counseling



TriHealthEAP.com | 513 891 1627 | Toll-Free 800 642 9794