



Employee Orientation to TriHealth EAP[®] Services

TriHealth EAP[®]

TriHealth EAP is part of the Corporate Health division of TriHealth Healthcare System. We provide services directly to employees and to organizations.



For employees and their dependents:

- Assessment and treatment recommendations
- Counseling
- Crisis intervention
- WorkLife services

For organizations:

- Trainings
- Management consultation
- Critical incident response services



Counseling

- TriHealth EAP provides free confidential counseling for employees and any dependent family members.
- All clinicians are independently licensed counselors or social workers.
- EAP counseling is appropriate for many types of emotional issues.
- To make an appointment, call 513 891 1627.
- Employees, spouses and dependent family members receive up to _ sessions per presenting problem. Check with your HR representative to learn how many sessions your company provides.



Examples of Presenting Problems

- Stress management
- Depression
- Anxiety
- Loss and grief
- Eldercare
- Relationships
- Parenting
- Workplace issues
- Life changes such as divorce or retirement



24 Hour Crisis Line

- A counselor is available 24 hours/day, 7 days/week via telephone for employees and covered family members experiencing a behavioral health emergency.
- A counselor can be reached by calling 513 891 1627.

TriHealthEAP.com

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TriHealth EAP

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Through TriHealth EAP, we offer professional support and counseling for both employees and their family members, giving them the resources they need to handle life's challenges.

Our Goal: To Help You Successfully Balance Your Work and Personal Life



Wellness Tools:
[Well-Being Scale](#)
[Test Your Resilience](#)

Fountain Pointe 1 4665 Cornell Road, Suite 350
Cincinnati, OH 45241
Call 513 891 1627
Toll Free 800 642 9794

[Driving Directions](#) »

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[Contact Us](#)

[Ask-A-Counselor Secure Form](#)



TriHealthEAP.com

Visit our website to access services and resources such as:

- Ask-A-Counselor
- Recorded webinars
- Registration for trainings
- Well being and resilience scales
- WorkLife services



Ask-A-Counselor

- Ask-A-Counselor is a confidential service in which employees can email questions to a TriHealth EAP counselor.
- Responses are received within two business days.
- Questions should be about daily living problems and practical questions. This service should not be used for critical or emergent issues.

WorkLife Services

- Confidential
- Available 24/7
- Accessible through TriHealthEAP.com
- Free for employees and dependent family members
- Most information available in Spanish
- Articles and other informational resources
- Skill builder center
- Yearly planner
- Legal Assist
- Financial Assist



WorkLife Topics

- **Parenting** – kids' wellbeing, adoption, childcare
- **Aging** – aging well, grief and loss, home care, health
- **Balancing** – personal growth, relationships, mental health
- **Thriving** – live healthy, healthy eating, health challenges
- **Working** – career develop, career transition, workplace diversity
- **Living** – consumer tips, go green, pets

Legal Assist

- TriHealth EAP provides you access to a network of experts who can assist you with your legal questions or concerns.
- Employees are eligible for a free, 30 minute consultation with a qualified attorney either on the phone or a scheduled in person appointment.
- Consultation on a variety of issues, excluding employment law.
- Consultation consists of analysis of the issue and suggestions on how to proceed. No document creation or review.
- If additional legal service is needed, in most cases employees receive a discount.



Financial Assist

- TriHealth EAP provides you access to a network of experts who can assist you with your financial questions or concerns via a free telephonic session.
- No appointment needed Monday to Friday during regular business hours. Saturday hours by appointment.
- Our financial educators can provide information and assistance around consumer-based issues such as:
 - Planning for or managing major life changes: college funds, retirement
 - Debt management
 - Individualized budgeting consultations
 - First-home buying
 - Bankruptcy prevention
 - Consumer education



Employee Enrichment Training

- Free seminars for employees of TriHealth EAP customers.
- Registration by phone at 513 977 2165.
- Online registration at TriHealthEAP.com.
 - Click the “Enrichment Seminars” link on the homepage.
 - Click on the title of the seminar you would like to attend.
 - Create a username and password if you are a first time user.
 - Sign in if you are an existing user.
 - Complete registration.



2019 Employee Enrichment Topics

Emotional Eating

Live Webinar

Jan. 4, 2019 | Jan. 9, 2019

12 p.m. to 1 p.m. EST

Emotional Intelligence

Live Webinar

June 12, 2019 | June 14, 2019

12 p.m. to 1 p.m. EST

Verbal De-Escalation Strategies

Live Webinar

Apr. 10, 2019 | Apr. 12, 2019

12 p.m. to 1 p.m. EST

Understanding Depression

Live Webinar

Oct. 9, 2019 | Oct. 11, 2019

12 p.m. to 1 p.m. EST



Thank you!

Visit us at TriHealthEAP.com or
call 513 891 1627

