

Mental Health Resources for Employees



Your mental health is important! Check out some of these resources to learn about programs and initiatives meant to help support good mental health.

Employee Assistance Program (EAP): The EAP provides OSU employees and their families with a number of services that support good mental health, including counseling sessions, work-life resources, and connections to several self-help resources.

Mental Health Insurance Assistance Office: Offered by the Ohio Department of Insurance, this resource helps you understand and navigate your mental health insurance benefits. Call 855-438-6642 to be connected. You can also use this service if you are uninsured.

Crisis lines/ Careline: These crisis and emotional support lines provide 24/7 support. You will be connected to a trained professional who will support you and connect you with resources as needed.

Ohio Careline: 800-720-9616

Crisis Text Line: text 741741

Suicide and Crisis Prevention Lifeline: Dial or text 988

County Mental Health Resource Guide: This guide can be used to find resources available in your county. Click here: <https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>

EAP

Call: 800-678-6265

Email: eap@osumc.edu

Visit: <https://osuhealthplan.com/programs-and-services/eap>

Careline

Call : 800-720-9616

988

Call or text for 24/7 support