

TriHealth EAP

Individual confidential counseling

TriHealth EAP provides one-on-one sessions with a licensed counselor to address a variety of issues, including stress, anxiety, depression, work/life and family issues.

- To schedule a confidential appointment, call TriHealth EAP at **513 891 1627** or **1 800 642 9794**
- For urgent situations, call us 24/7 to speak with a licensed clinician at **1 800 642 9794**.

What does TriHealth EAP cost?

TriHealth EAP is a confidential program prepaid by Springfield Township as a benefit to you and your dependents at no cost to you.

Employees and family members also may access the following services through TriHealth EAP's website: [TriHealthEAP.com](https://www.trihealtheap.com),

- ❖ **Ask-A-Counselor** | an advice service in which the employee can ask a question and receive a confidential, encrypted answer within two business days.
- ❖ **TriHealth EAP WorkLife Services** Password: **springfield**
 - Collection of articles and links to a variety of wellness on financial, parenting, work and emotional issues.
 - Connections to financial educators 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.
 - Referral to an Identity Recovery Professional should you ever become a victim of identity theft.
- ❖ **Trainings** | TriHealth EAP can schedule "Lunch & Learns" and trainings on a variety of topics relevant to employees that are conducted directly at the work site.
- ❖ **Employee Enrichment Series** | Seminars/webinars on a variety of topics available at no cost to employees and their immediate family members. Upcoming seminars/webinars and online sign-ups are available on our website. **Archived Webinar Password: concernweb**
- ❖ **Supervisory Training Series** | TriHealth EAP offers Supervisory Training webinars at no additional cost to our customers. **Archived Webinar Password: concernweb**

With the help of TriHealth EAP, your workplace can be more than a place of employment; it can be a place that nurtures productivity and your personal wellbeing.

