



# TriHealth EAP

## Free, Confidential Counseling

**TriHealth EAP** is a confidential program prepaid by Cincinnati Public Schools 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.

Cincinnati Public Schools employees, their spouses/partners and dependents in the home are eligible for up to 10 confidential counseling sessions per issue with a licensed counselor:

- 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**.

Employees and their families also may access the following services through TriHealth EAP's website: [TriHealthEAP.com](http://TriHealthEAP.com):

- **Ask-A-Counselor** | Employees can submit a question online and receive a confidential, encrypted answer within two business days.
- **TriHealth EAP WorkLife Services** | Password: [cps](#)
  - \* Collection of articles and links on multiple topics related to health and wellbeing
  - \* Connections to financial professionals 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.
- **Employee Enrichment Series** | Webinars on a variety of topics available at no cost to employees and their immediate family members. [Archived Webinar Password: concernweb](#)
- **Supervisory Training Series** | Seminars/webinars geared toward issues relevant to supervisors. [Archived Webinar Password: concernweb](#)

Upcoming seminars and webinars and online registration at [TriHealth EAP.com](http://TriHealth EAP.com)

**TriHealth EAP offers assistance with a variety of issues:**

Work & Family Balance

Relationships

Career Concerns & Exploration

Emotional Health

Grief & Loss

Addictions

Stress Management

Crisis Support

Financial Counseling

Resiliency



**TriHealth**

[TriHealthEAP.com](http://TriHealthEAP.com) | 513 891 1627 | Toll-Free 800 642 9794

*Employee Assistance Program*

## YOUR WORK-LIFE WEBSITE



### FEATURES INCLUDE:

- Regularly updated information and links
- Downloadable articles and tip sheets
- Self-search provider databases for summer camps, education resources, pet sitters, attorneys, financial advisors, volunteer opportunities, and more
- Legal and medical encyclopedias
- Financial and daily living calculators
- Spanish-language content

To help you make time for what matters most, your employee assistance program provides online access to a wide range of resources regarding the work and life topics of interest to you and your family—all available on one website. Just log on with your company's password, and navigate through articles, links, interactive content, self searches, self assessments, and more.

TOLL-FREE: **800 642 9794**

WEBSITE: **[www.TriHealthEAP.com](http://www.TriHealthEAP.com)**

PASSWORD: **cps**

