

YOUR EAP

614-475-9500 or 800-886-1171

YOUR HEALTH.
OUR EXPERTISE.
LIMITLESS POTENTIAL.



National Headquarters
2 Easton Oval, Ste. 450
Columbus, Ohio 43219

614/475-9500
800/886-1171

www.matrixpsych.com

Confidential Counseling Sessions:

Many of the challenges we face on a day to day basis are best addressed through counseling with a mental health professional. At Matrix, we understand how overwhelming it can be to ask for help. Which is why we have made our counseling benefit not only easier than ever to access, but also more comprehensive than any other EAP. Access to mental health services shouldn't be difficult or stressful, and at Matrix, it never will be.

- You, your spouse, and/or your dependent children all have access to a number of free, confidential counseling sessions with a psychologist to provide assistance with the personal issues we all experience.
- Sessions have no co-pay or deductible.
- No information about your care is ever provided to an employer without written consent.
- Visits can be either face to face or virtual.
- If you need more sessions than the EAP provides, you may continue to see your psychologist under the terms of your health insurance.

Work/Life Benefits:

In addition to our comprehensive counseling services, you and your family also have access to an extensive menu of work/life benefits to assist you in managing everyday obstacles.

- Free 60 minute consultation with an attorney for legal concerns.
- Discounts on certain legal services (25-35% off attorney's normal hourly rate for family law).
- Fraud Resolution and Identity Theft Services.
- Childcare and Eldercare assistance.
- Free consultation with a financial counselor.
- Access to a library of legal and financial documents.
- Pet Resources.

Website Resources:

Our Website, Matrixpsych.com, is one of the best ways to access our suite of services. Furthermore on our website you'll find thousands of unique tools and informative content that can help you in addressing any and all of the challenges you may need to overcome.

- Request an appointment with a Matrix clinician.
- A library of links to other helpful mental health resources, such as articles on depression and anxiety.
- Self-Help Resources including information about self-improvement, communication tools, coping with change, loss, grief, and countless other topics.
- Access to free work and family resources and referrals.
- Webinars on virtually any topic.

Matrix EAP App:

Our one of a kind Matrix EAP App means you will never be without access to your mental health resources. Having the convenience of our full suite of services at your fingertips provides confidence that when you need Matrix, you'll know exactly where to find us. Just search for "Matrix EAP" on either the Apple App Store or Google Play.

- Convenient access to Matrix services from anywhere.
- Matrix Minutes Podcast - A podcast featuring a variety of mental health topics.
- Ask-A-Doc - Send a confidential question to a Matrix Psychologist.
- Matrix Monitor - A mental health newsletter.
- Request an appointment with a Matrix clinician.

FOR MORE INFO, CHECK OUT WWW.MATRIXPSYCH.COM

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M A T R I X

What is your EAP?

We all struggle with personal issues from time to time. Left unattended, these challenges can become distracting, overwhelming, and disruptive to all aspects of life, including work performance. Your Employee Assistance Program (EAP) is a confidential mental health benefit that is provided to you by your employer that is designed to assist you in overcoming these personal challenges and reaching your potential. In the same way that we use our health insurance to address our physical needs, we use our EAP benefit to address our emotional and mental wellness.

By establishing an Employee Assistance Program (EAP), your employer is encouraging you and your family to seek help when a problem first appears and can most easily be resolved. You'll quickly discover that Matrix offers an array of services that go beyond just addressing concerns. From professional development and wellness resources to financial tools and legal assistance, your EAP is here to help. And the best part? There is absolutely no cost to you!

How to access?

Matrix is here for you 24/7. It has never been easier to connect with your EAP!

 **Call us:**
614-475-9500 / 800-886-1171

Phones are always answered by trained intake specialists. Not a robot.

Get in touch via the Matrix EAP App. Found on both Apple App Store and Google Play

 **Request an appointment on our Website:**
www.matrixpsych.com

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