



University Health Services

# EMPLOYEE ASSISTANCE PSYCHOLOGIST



# FREE

Employees receive six (6) free sessions per year! Call to schedule today!

The ComPsych toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources. 855.850.2397 | 800.697.0353 (TDD)



OSU provides **FREE** and **CONFIDENTIAL** initial assessments, short-term counseling, and referral services for employees and their household members via the ComPsych Guidance Resource Employee Assistance Program (EAP).

## WE CAN HELP WITH:

- Difficult relationships
- Stress
- Anxiety
- Depression
- Setting goals
- Behavior change
- Grief and loss
- Improving emotional well-being



## NEED AN APPOINTMENT?

Call Dr. Tamara Richardson with University Health Services at (405) 744-7665.