

What Can TriHealth EAP Do for You?

Request-A-Counselor is a convenient way to connect to assistance. This is a confidential email option to request a mental health counselor who will provide counseling through your EAP benefit.

Through encrypted email you will provide demographic information and counselor preferences. Within two business days, you will receive a response with the name and contact information for a mental health counselor who best matches your needs.

Visit us online at [TriHealthEAP.com](https://www.trihealth.com/eap) to get connected today.

