

Beyond Benefits



What is the Beyond Benefits Program?

Beyond Benefits is Oregon State University's Employee Assistance Program. Beyond Benefits provides resources across life events and seeks to provide impactful, holistic, no-cost solutions at the right time. Areas of focus include family needs, financial needs, mental/emotional support needs and legal needs. Beyond Benefits consultants are available to create personalized action plans related to individual employee needs.

Why provide an EAP?

Oregon State cares about the health and well-being of our employees. As a part of our culture of care, we want to provide a proactive, expansive employee benefits program for our employees and their household members. The Beyond Benefits program is a no-cost service that can be used as needed to support you in whatever life event or challenge you are facing.

Are the services confidential?

Yes, Beyond Benefits services are strictly confidential. No information about your participation in the program is provided to your employer.

Why might my family or I use the Beyond Benefits?

There are many reasons to use Beyond Benefits services. You may wish to contact Beyond Benefits if you or your household members:

- Want health and wellness guidance.
- Need assistance with child or elder care.
- Have legal or financial questions.
- Are experiencing stress, anxiety or depression.

- Are planning a birthday party or family reunion and are wondering about location options.
- Are relocating and need moving resources or travel planning assistance.
- Are looking for shopping deals.
- Have a home improvement project and need to find a reputable contractor.

What happens when I call?

A Beyond Benefits consultant will speak with you to find out about your needs. They will work with you to provide customized resources and a referral packet based on what you share at that time.

What counseling services does the Beyond Benefits EAP provide?

Beyond Benefits provides free short-term counseling with providers in your area who can help you with mental health and well-being. If the counselor determines that your issues can be resolved with short-term counseling, you will receive three no-cost sessions. If it is determined that the problem cannot be resolved in short-term counseling and you will need longer-term treatment, you will be referred to a specialist, and your insurance coverage will be activated.

Can my children use the EAP?

Yes. Beyond Benefits is a confidential service for you and your household family members.

Beyond Benefits: Here when you need us.

Call: 855-327-4722

TTY: 800-697-0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: OSUBEYOND



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