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 (similar to a Needs Navigator) 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 (similar to a Needs Navigator) 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