

M A T R I X



Your Health. Our Expertise. Limitless Potential.

Employee Assistance Program (EAP)

Matrix is here for you.



- **8 Confidential** counseling sessions at no cost to you.
 - Including Spouses and Dependents up to age 26.
 - EAP can be accessed anywhere within the country, and renew yearly by calendar date.
- **In-person or Telehealth** (video/phone)
- **Crisis Services/Resources** available 24/7/365.

Additional Benefits:



- Childcare/Eldercare issues online or by phone
- Ask-a-Doc email a psychologist with a question
- Work/Life resources
- Management Consultation's
- Free 60 minute Legal/Financial consultation.
 - Then discount on future fees.
- Fraud/Identity theft
- Monthly Seminars/Webinars/Podcast/Trainings available on website

Services at your Fingertips

How to login and access website:



The login process for the website is different from the app. To register for an online account:

1. Visit www.resourcesforliving.com/home/
2. Log in with:
 - a. Username: madisonchampaign
 - b. Password: madisonchampaign
 - c. Click "Login to Website"
3. Click the purple person icon in the top-right corner or "Create your personal account" mid-page to register for a personal account.

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Search your app
store for Matrix EAP

How to Access Services?



- [\(614\) 745-9500](tel:(614)745-9500)
- [1-800-886-1171](tel:1-800-886-1171)
- [Matrix Mobile App](#)
- Matrixpsych.com

Scan QR code to
go straight to
our app



EMPLOYEE ASSISTANCE PROGRAM

How to login and access our **website**:

- Our website services include customized answers to questions, a library of links to other mental health resources and our ask-a-doc email portal which allows a client to ask confidential questions to our psychologists.
- Additionally, we offer an online Request an Appointment feature for new patients, free access to work and family referrals, such as pet care, fitness locators, adoption resources, and college planning tools.
- Finally, our website features access to a myriad of legal/financial resources available at the click of a button.

How to access **Resources for Living** :

- Go to www.matrixpsych.com and click 'I'm an Employee.'
- Scroll down and click on the 'Self-Help Resources' tab and click the link to choose your company. Select the company that Matrix offers EAP services for. From here it will ask you to log in. Please use the login credentials that were given on the Benefits Flyer.
- After logging in with credentials, click on 'Resources for Living' and from there you will have access to all the tools and features Matrix uses to help support with anything you might need assistance with, conveniently located on your laptop/desktop!

How to download our **app**:

- Through our Matrix Mobile App, you'll have our full suite of services right at your fingertips! The app also features a mental health podcast with several episodes featured!
- You can download it at the App Store or Google Play. Search for 'Matrix EAP.'

