

MATRIX

Your Health. Our Expertise. Limitless Potential.

Employee Assistance Program

- Everyone has personal problems from time to time. Your Matrix EAP is here to help you.
- All Matrix services are absolutely confidential, unless you authorize release to your supervisor for work-related performance issues. As a standard part of your benefit, you receive the Matrix Plus Program, which includes **8 free weekly** confidential counseling sessions at no cost you. This also includes spouses and dependents up to the age of 26 years old.
- Crisis services are available 24 hours a day, 365 days a year. We want you to feel confident in knowing that Matrix is always here for you.
- Matrix offers a diverse group of over 35 clinicians in Columbus, OH to serve our clients. Between four different office locations (Easton, Dublin, Worthington, German Village), and availability ranging from early mornings to evening hours, we are confident that you will find a therapist that meets your needs. In addition, we have a national network of providers, and we can offer a referral conveniently near you. We are currently providing services both in-person and via telehealth (video or phone).
- In addition to psychological counseling, your EAP offers a number of other resources:
 - Legal counseling- Free 60 minute consultation by phone or face-to-face followed by a discount on future fees (Common legal concerns: creating a will, divorce, custody, estate planning, etc.)
 - Financial counseling- by phone (Common financial concerns: debt management, credit, budgeting, tax prep, fraud & ID theft, etc.)
 - Childcare/eldercare issues- online or by phone for more specialized problems
- 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.
- 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.

Matrix is here for you, no matter the concern

Depression/Anxiety
Eating Disorders
Grief/Loss
Trauma/PTSD
Legal/Financial Issues
Gender Identity
Crisis Intervention
Alcoholism/Drug Use
ADHD/Learning Disabilities
Management/Job Stress
Stress Management
Parenting/Child Concerns
Multicultural Issues
Eldercare/Caregiver Concerns
Coping with Chronic/Terminal Illness
Marital/Couples Counseling

How to access services?

Accessing Matrix services has never been easier! You can reach out to us in one of 3 ways.

- Give us a call!
 - 614-475-9500
 - 800-886-1171
- Submit an appointment request on our Matrix Mobile App (Available on both Apple App Store and Google Play)
- Reach out via Matrixpsych.com

