

Your Health. Our Expertise. Limitless Potential.

Employee Assistance Program

- 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 are eligible for the Matrix Plus Program, which includes **6 free weekly** confidential counseling sessions per issue per 12-month period at no cost you. This covers you, your spouse/domestic partner, children, and any other family members living in your household. Weekly counseling sessions need to be at least 7 days apart.
- Additional 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. We offer in-person services at our four office locations across Columbus as well as telehealth (both video and phone) with a range of early morning through evening appointment availability.
- In addition to counseling, your EAP offers a number of other free resources:
 - Legal counseling- 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
- Website services include 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 a convenient online Request an Appointment feature for new patients.
- Remember to download the Matrix Mobile App, via the App Store or Google Play so you'll have our full suite of services right at your fingertips!

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
Learning Disabilities
Management/Job Stress
Stress Management
Parenting/Child Concerns
Multicultural Issues
Eldercare/Caregiver Concerns
Coping with Chronic/Terminal Illness
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! **(CML code: CML624)**
 - 614-475-9500
 - 800-886-1171
- Utilize the Matrix Mobile App (Available on both Apple App Store and Google Play) to set up an appointment
- Email Matrixpsych.com

The login to the website services is different than the one through the app. To register for an online account:

1. Visit <https://www.resourcesforliving.com/home/>
2. Login with your company/organization:
 - a. Username - Columbus Metropolitan Library
 - b. Password - ColumbusLibrary
 - c. Click on "Login to Website"
3. Click on the purple person icon in the top-right corner -> register for a personal account. (Another option is to click on "Create your personal account" option located mid-page.)
4. You can choose to always login with CML's credentials above or login using your created personal login to personalize your experience.