Impact Solutions- Comprehensive Tools & Resources

Impact Solutions, UC’s Employee Assistance Plan provider, provides confidential telephonic counseling 24/7/365. In addition, the website and resources are easy to navigate and includes many interactive and comprehensive tools on a wide variety of topics to help you build resilience and manage life.

You can reach an Impact counselor by calling 1-800-227-6007.

Website Features:
- Mobile friendly
- Over 20,000 resources
- Tools such as assessments, videos, quizzes, and more!

Visit http://bit.ly/ImpactEAP to take advantage of a wide variety of resources:

- The green tiles represent all financial related tools and topics to help you organize, track and make the most of your finances. Some tools include budgeting, calculators, and estate planning.
- The orange tile represents all legal services available. A few services include identity theft, insurance, personal injury, child custody, and cars/tickets.
- The red tile represents health services. This includes how to get started, assessments, educational videos, and many more topics to work on a healthier you!
- The purple tile includes topics on well-being, such as emotional and social/relationships. Visit these to enhance your sense of self and to find help for emotional health issues.
- The bright blue tile provides information and resources for those who are suffering from depression. Also, look here for tips and resources on managing stress at home and in the workplace.
- The dark blue, gray, and teal boxes represent personal and professional growth. These tiles include effective communication and supervision, resilience, and a variety of webinars too.
- The blue tile includes information and resources for a variety of common additions. Look here for common signs and symptoms of addiction and myths about addition.
- The dark orange tile represents all higher education resources which include Supporting Students, Mindful Retirement and Difficult Conversations.

Visit http://bit.ly/ImpactEAP to view resources available to you as a UC employee.
You can also call Impact Solutions 24/7/365 for counseling, questions about the above resources or help navigating the website: 1-800-227-6007.

Choose Well

Questions?

Please contact benefits@uc.edu 513-556-6381 uc.edu/hr/benefits