# YOU HAVE OPTIONS



## Guidance Resources / 855-850-2397

Guidance Resources offers solutions to work life integration, 24/7 phone counseling, and access to 6 FREE in person counseling sessions in your area.

Guidanceresources.com / Employee Web ID: OKSTATEEAP



## Wellness Support Team

The Wellness Support Team (WST) is able to quickly triage students, residents, and employees, utilize diffusing techniques, and provide immediate assistance by offering helpful resources and arranging plans for support through a time of need.

To submit a care report, go to

medicine.okstate.edu/wellness/employee-wellness/resources

## 1 is 2 Many / 918-594-8105

OSU is committed to providing a safe environment for our students, the 1 is 2 Many program is designed to raise awareness about and prevent domestic violence, sexual harassment and sexual violence. If you would like to receive help or to make a report, go to medicine.okstate.edu/hr/1is2many/