Your Employee Assistance Program (EAP) and Personal Health Partners are available 24/7/365 to help with the everyday life problems we all encounter from time to time. These programs are offered at no cost to you and your immediate family members!

The **EAP** provides short-term counseling for any kind of problem that affects your personal well-being and your ability to perform your job. Problems such as:

- Marital or Family Problems
- Balancing Work/Life Situations
- Drug or Alcohol Abuse
- Financial/Legal Difficulties
- Emotional or Stress Related Problems
- Problems Related to Work

**Personal Health Partners** lends a hand with the many aspects of navigating the complicated healthcare system. A Personal Health Partner can assist with:

- Advocacy and Research
- Assistance With Elderly and Aging Issues and Care Coordination
- Discharge Planning and Coordination Services
- Care Transition
- Healthcare Transportation and Durable Equipment Coordination

On-Line access is available at [www.lytleeap.com](http://www.lytleeap.com)
Click on the Login button at the top right of the screen
Enter your password—duquesne

**CALL TODAY FOR CONFIDENTIAL HELP**

**800-327-7272**