Employee Assistance Program

Total Well-Being

Anytime. Anywhere.
SHORT-TERM COUNSELING

• Available to employees and household family members
• Licensed Master's level counselors
• Accessible 24/7
• Via phone, video, face-to-face and text messaging

For Help With:

• Family Conflict
• Couples/Relationship
• Substance Abuse
• Work/Life Balance
• Stress
• Depression
• Grief
• Anxiety
• Parenting
Everyday Services for Everyday People

WORK-LIFE CONSULTATION, RESOURCE, & REFERRAL
Adoption, Elder & Adult Care, Child Care, Prenatal & Postnatal Care, Parenting, Special Needs Support, Education, Housing Services, Pet Care, Discount Shopping Program, & Wellness

LEGAL/FINANCIAL RESOURCES
Divorce & Custody concerns, Bankruptcy, Criminal, Budgeting, Estate Planning/Wills, Homebuying, Real Estate, Foreclosure Prevention, Personal Injury, Malpractice, Major Life Event Planning, & Retirement Planning, ID theft

MEDICAL ADVOCACY
Insurance Navigation, Doctor Referrals, Specialist Referrals, Specialist Opinions, Patient Advocacy, Healthcare Transportation, Durable Medical Equipment Coordination, Discharge Planning, Medical Appointment Preparation, Care Transition, Advocacy & Research, Elderly & Aging Issues, Adult Care Coach, & Geriatric Care Assistance
Everyday Services for Everyday People

**Life Coaching**
Life Transitions/Enhancing Communication Skills/Improving Communication Skills/Improving Stress and Time Management/Managing Multiple Projects and Demands/Setting Goals and Action Steps/Improving Relationships

**Personal Assistant**
For help managing everyday tasks on your ‘to do’ list. Travel/Sports and Recreation/Household Errands/Professional Services/Entertainment Planning/Housing and Real Estate/Cleaning Services/Home Food Delivery

**Home Safe**
Reimbursement for cab/Lyft/Uber fare in order to get home safe if under the influence. Up to 3 times per calendar year, $25/incident.
Lytle Assistance Program

If you are dealing with issues that may affect your personal life or work, the Assistance Program can quickly connect you to experienced professionals.

Call 24/7: (800) 327-7272
Create an account

1. Company Code
2. Email
3. Username

duquesne

Don't have a code, contact your HR/Benefits department to request one.

NEXT

RETURN TO LOGIN

Your activity is confidential and will not be shared with your employer.
Tired or Wired?
Caffeine and Your Brain

Need Help?
Connect with a qualified counselor today

800-327-7272
24/7 Toll-Free Support

Live Chat
8am-5pm EST, Mon.-Fri.

Online Request Forms
Counseling & Work-life

LIVE CHAT
8am-5pm EST, Mon.-Fri.
We're here when you need us, with 24/7 confidential counseling and support.

Assessments
Our assessments focus on wellness and lifestyle issues.

Calculators
Use our calculators to quickly determine payments, savings and more.

Soft Skills Courses
Learn effective soft skills with our online courses

Resource Locators
Find local resources in your community

Welcome to your Marketplace!
Enjoy discounts, rewards and perks on thousands of the brands you love.

Aging & Caregiving
Articles, videos and resources on aging

Childhood & Child Care
Information and resources on parenting and childcare

College Life
Learn more about choosing and paying for school, student wellbeing, and getting the most out of college.

Law & Legal Information
Articles and downloadable forms, contracts, and worksheets

Recorded Webinars
Watch free webinars any time, at your convenience.

Important News From Your EAP!

EAP Orientation Video

Work/Life Blog and On-Demand Webinars
Quick Tip Clips
Downloadable Handouts & Flyers
COVID-19 Resources
COVID-19 On-Demand Webinars

My Benefits
Learn more about this program and your benefits.

Events Calendar
Click here to find upcoming events & webinars

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# LIVE WEBINAR SCHEDULE

**WELL-BEING. DONE WELL.**

To register for a webinar, click the desired title and complete the linked registration form.

<table>
<thead>
<tr>
<th>TITLE</th>
<th>DATE &amp; TIME</th>
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<tbody>
<tr>
<td><strong>Managing Your Money in Tough Times</strong></td>
<td>Wednesday, Jan 11th 1:30pm-2:30pm EST</td>
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<tr>
<td><strong>Exploring the Intersection between Mental Health and Physical Health</strong></td>
<td>Tuesday, Jan 25th 12pm-12:30pm EST</td>
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<tr>
<td><strong>Minimizing Worry to Maximize your Life</strong></td>
<td>Wednesday, Feb 8th 1:30pm-2:30pm EST</td>
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<tr>
<td><strong>Creating a Respectful Workplace</strong></td>
<td>Thursday, Feb 16th 12:00pm-12:45pm EST</td>
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<td><strong>Workplace Differences: A Matter of Style</strong></td>
<td>Wednesday, March 8th 1:30pm-2:30pm EST</td>
</tr>
<tr>
<td><strong>Boundaries and Blindspots</strong></td>
<td>Tuesday, March 21st 12:00pm-12:30pm EST</td>
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</tbody>
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*Can’t attend a desired webinar? No problem...*
Creating an Inclusive Environment

"Diversity, equity, and inclusion" are mentioned a lot these days. This month, we focus on inclusion—and how creating a "psychologically safe" environment can help people feel accepted, respected, and secure when sharing ideas or asking for support.

Learn more in this month's article, "Using Psychological Safety to Drive Inclusion."

LATEST VIDEO

Maintaining a Respectful Workplace

We all play a role in creating a respectful environment. Here are a few helpful tips on what you can do to create a healthy, welcoming environment where everyone has an opportunity to thrive.

SPECIAL FEATURES

Student Article: Signs of a Healthy and Unhealthy Relationships

Wellness Article: Build an Inclusive Workplace

Experience: Consider the Human Factor

Leadership Resources: How to Tackle DEI Honestly