



Employee Assistance Program Information

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Pittsburgh Public Schools partners with LifeSolutions, through UPMC, to provide employees with a **no-cost, confidential** employee assistance program. The program is available to all employees and members of their household.

Employees can call **1-844-833-0527** for 24-hour, 7-day a week support. Services include:

- Coaching and counseling: confidential sessions in person, by telephone, or via video counseling
- Referrals for childcare and elder care
- Help with daily living issues
- Access to Beating the Blues US™, an online program to help manage stress and anxiety
- 24/7 phone support if you need immediate help
- Referrals for legal and financial services:
 - A free 30-minute legal consultation and up to a 25% reduction in attorney fees after the consultation
 - A free 30-minute consultation with a financial professional

In addition, by visiting www.lifesolutionsforyou.com and logging in with the PPS company code **PGHBOE**, employees can gain access to a robust list of resources addressing topics such as emotional well-being, relationships, financial, health, legal, and much more. The *WorkLife* portal features:

- Skill builder courses and monthly webinars
- Downloadable legal forms, such as wills and powers of attorney
- Financial calculators to help you create a budget
- A savings center with 25% discounts on name brands
- Resilience Journe, a resource to help you bounce back