



Dear Parsippany-Troy Hills School District Employees and Families:

Parsippany-Troy Hills School District (PTHSD) is pleased to announce a new benefit that is available to employees and their adult household members provided by Penn Medicine Princeton Employee Assistance Program (EAP). **The services are free and strictly confidential** and available via telehealth.

What do people typically call about?

- Struggles with - or concern for a family member struggling with addiction
- Feeling of Depression or anxiety
- Marital tension
- Concerns related to living through the pandemic
- Requests for a legal or financial consultation

Where are services provided?

All services are currently offered through telehealth. The EAP will work with you to provide barrier-free access to services that you can access right through your computer or mobile device.

What services are available through EAP?

As a PTHSD employee, you and your adult household members are entitled to up to three (3) counseling sessions per issue, not per year.

Access to work/life services, with thousands of up-to-date, topic-related articles, videos, podcasts, calculators, interactive checklists, webinars, and more related to: ♣ Financial & Legal ♣ Child Care & Education ♣ Eldercare ♣ Health & Wellness ♣ Career & Military ♣ Everyday Living and more. Create an account at ***PennMedicineEAP.MyLifeExpert.com and use company code PR059.***

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MyLifeExpert.com today!

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The EAP is provided at **no cost to you** as a benefit of working for Parsippany-Troy Hills School District.

To access services, call the EAP directly at **1.800.527.0035**. Your call and all appointments are made directly with the EAP, and do not go through your employer.