



Virtual Counseling

Your assistance program offers virtual counseling as well as traditional in-person counseling, to ensure everyone has fast, effective and easy access to mental health support

Whether you're looking for mental health support, dealing with change, trying to build self-awareness, working through relationship issues, managing a personal challenge, or simply wanting to talk, **your assistance program is here to help.**

Services Are:

- **Professional & Private**
All counseling is provided by Master's Level Clinicians and all information is confidential and HIPAA-compliant.
- **Convenient & Accessible**
Request support anytime by phone, online, or member portal with live chat.
- **Free to Get Started**
Short-term counseling sessions are included in your assistance program benefits at no additional charge.
- **Available to Family Members**
The assistance program is open to family members too.
- **Personalized**
Our team of care connectors will make sure you are matched with a provider and counseling support that fits your needs.

How to Request Virtual Counseling Support:

- **Call 800-327-7272**
- **Visit www.lytleap.com** and submit an online request form or login to your member portal for live chat support.



Allegheny County Schools
Health Insurance Consortium

Receive care your way
with convenient options for
mental health support.



**In-the-Moment
Counseling Support**

Instantly connect to a clinician
by phone



Video Counseling

Schedule a video session



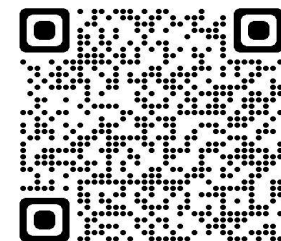
Telephonic Sessions

Schedule a telephonic session



In-Person Sessions

Meet with a local clinician
from our network



Contact Lytle EAP Partners
Call: 800-327-7272
Visit: www.lytleap.com
Code: acshic

LYTLE EAP PARTNERS™
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