



Law Enforcement Health Benefits, Inc.

2233 Spring Garden Street • Philadelphia, PA 19130 • (215) 763-8290 • FAX (215) 763-8808

STRESS, ANXIETY, FAMILY OR PERSONAL PROBLEMS?

Are you or is someone close to you feeling stressed out? Do you feel emotionally overwhelmed or isolated? You're not alone. Stress from many sources including work, marital or relationship, family, parenting or elder care can leave you feeling unable to cope. There is good news; help is available. LEHB has partnered with Penn Behavioral Health Services to make this important service available to it's members. You do not have to suffer this alone any more.

Free and confidential assessment and short term counseling is available 24 hours a day, seven days a week so that you or your family members can speak to a counselor when the need is the greatest; when the crisis is occurring. We can help you and your family members resolve a wide variety of personal problems, including emotional, family-related, alcohol or drug-related, anxiety, bereavement, aging and any other personal problem.

To access Penn Behavioral Health, and to speak with a trained counselor, any time, day or night, simply call 1-888-321-4433. A qualified and caring counselor will take your call, listen to your questions and make appropriate recommendations. In the event that a greater degree of help is indicated, counselors will provide a referrals to qualified therapists for face to face sessions. Hundreds of therapists are available throughout the six county region and you can decide where you want to go. Penn Behavioral Health can also be reached by email at pennbh@lehb.org.

In addition to the assistance available through Penn Behavioral Health, counseling is available at the LEHB Center City Office with Dr. Paul DiKun. Dr. DiKun is available every Friday from 6:00 am to 12:00 pm at LEHB Center City. Dr. DiKun can be reached by email at pauld@lehb.org. Please call Helen at 215-763-8290 to schedule an appointment.

If you have any questions about this important benefit, please call LEHB at 215-763-8290 and we will be happy to help you.