

USPS EAP

A PROGRAM YOU CAN TRUST



MAKE THE CALL!

The USPS EAP is a life-management tool designed to help you sort through life's ups and downs.

EAP provides confidential information, consultation, and short-term counseling as well as referral to community resources, longer-term or specialized services.

In your first EAP appointment, you and your counselor will work together to help clarify problems, identify your options, and develop a plan of action.

Take that first step and Make the Call ... you'll be glad you did!

1-800-EAP-4YOU



As a United States Postal Service employee, the EAP is available free to you and your eligible family members.

The EAP is a brief counseling and referral service that assists USPS employees and their family members with personal, job, or family issues. The EAP is also available to help you reach a healthier and happier you. The EAP can help you get more out of life by:

- Improving your health and wellness
- Managing stress, depression and anxiety
 - Improving relationships
- Maintaining recovery over addictions
 - Working through grief and loss
- Coping with change and conflict
 - Increasing productivity
 - Improving performance

PERSONALIZED SERVICE - Our trained, master's-level counselors use solution-focused treatment and evidence based practices for the design and delivery of EAP services.

BETTER CHOICES - The EAP also offers a wealth of information and self-help tools that you can access 24 hours a day 7 days a week. Visit www.EAP4YOU.com now to learn more about the EAP and find helpful information, trainings, and articles.

FAST RESPONSE - Immediate crisis response to sudden and unforeseen events which can be potentially life threatening. We are there for you during experiences of trauma or feeling overwhelmed by a sense of personal vulnerability. Examples of a critical incident are a natural disaster, serious workplace accident, or violence in the workplace, including grief and loss.



CORE EAP SERVICES

- In-person Counseling
- Telephonic Counseling
- Life Coaching
- Consultations
- Crisis Response
- Coaching within a Group

ADDITIONAL EAP SERVICES

- Health and Wellness
- EAP Orientations
- Organizational Change
- Suicide Awareness
- Promotions
- Training
- Work-Life Balance
- Preparing for Retirement
- Psychological First Aid
- Stand Up Talks
- Financial Fitness
- Parenting and Childcare

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust 

800-327-4968

(800-EAP-4-YOU) TTY: 877-492-7341
www.EAP4YOU.com

