

# Take EAP News Home With You



The EAP is available to USPS employees and their immediate family members. As an employee, you may often get the information about the services provided by the EAP through service talks, flyers, handouts, and other means. Unfortunately, that same, valuable information often doesn't make it home to your family.

This handout is a reminder for you ... whenever you are given a handout about the EAP, be sure to take it home. It can serve as a good reminder to you and your family that the EAP is available anytime and at no cost. Remind them often that the services are available for them as well. Your family members can access the services directly, which may help them to maintain confidentiality if they are concerned.

As a family, you may find yourself struggling in unfamiliar territory or dealing with an issue larger than you know how to handle. The EAP is able to support individual family members and the family unit as a whole. This is the ideal time for a call to the EAP. The counseling services they provide can be just the thing to get everything back on track.

The EAP is available to assist in other ways, too.

Perhaps a family member is concerned about how to approach a friend regarding a concern. A consultation with the EAP may be able to validate the concern and give direction on the approach.

Maybe a child is preparing to leave for college and wants to make sure that the experience is a success. Life coaching offered by the EAP is a perfect resource for a smooth and successful transition.

However, unless your family is aware of the services and that they are able to use it, they may not know to reach out and make the call to the EAP. Support your loved ones by making sure they know about the valuable services provided by the EAP and that they know how to



USPS EMPLOYEE ASSISTANCE PROGRAM  
**A Program You Can Trust**



**800-327-4968**

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

**Make the Call!**

EAP information, resources, and tools are also available to family members online. Encourage them to visit [www.EAP4YOU.com](http://www.EAP4YOU.com) to see just how the EAP can benefit each family member.