

Counseling

The USPS Employee Assistance Program has the counseling tools and resources designed to help you overcome life challenges. The tools offered by your employer can help you and your loved ones begin to address those challenges. Here, you'll find completely free, entirely confidential **access to the counseling programs and services you need to live a balanced and happy life.**

Your EAP counseling services are designed to support you and your loved ones around the clock, on every device...

- Face to face counseling
- Telephonic counseling
- Text therapy (Talkspace)
- Video Therapy
- Web-based therapy (myStrength)
- “In the Moment” support
- Coaching

Are you interested in...

- Being more present and productive at work?
- Receiving support when you don't feel like yourself?
- Growing your personal and career skills?
- Being a caring, loving friend or family member?
- Receiving care after a traumatic event or diagnosis?
- Making healthy lifestyle choices?

Reach out today to your USPS EAP –
A program you can trust.