



Your EAP is

beneficial.

The USPS Employee Assistance Program (EAP) is a workplace benefit offered by your employer to provide counseling, support, and resources to Postal employees to assist in dealing with personal or work-related challenges that may impact well-being or job performance.

What's the cost?

Nothing. Your employer covers the cost of the EAP, meaning employees can take advantage of the program for free.

What's the catch?

There's no catch. EAPs are important because there is a direct correlation between an employee's mental health and their performance at work. By helping workers overcome issues in their personal lives, the Postal Service aims to maintain productivity and improve engagement. The idea is that everyone benefits from a healthier workforce.

What's the gist?

The EAP is a voluntary, non-disciplinary counseling and referral service that offers assistance and services that may include assessment and referral or brief counseling. EAP professionals will work with you to clarify problems, identify choices, and develop an action plan.

If you would like to take advantage of the benefits offered through your EAP contact us at:

800-327-4968 (800-EAP-4YOU) | TTY: 711 | [EAP4YOU.com](https://www.eap4you.com)