

Your EAP is *for everyone.*



The USPS EAP is available for anyone interested in reaching personal and professional goals, managing life transitions, overcoming obstacles, strengthening relationships, and building balance.

Mental and Emotional Wellness

The EAP wants USPS employees and your family members to have the emotional support needed to navigate life's challenges.

Caring for Others

The EAP offers services and resources to navigate family dynamics, parenting, childcare, adoption, senior services, eldercare, military and veterans, disability care, and even pet care.

Tools for Tough Times

The EAP assists with issues such as stress, life changes, depression, grief, anxiety, substance abuse, relationships, divorce, trauma, PTSD and more.

Whole Health Resources

The EAP provides anytime access to skill-building courses, assessments, forms, calculators, quizzes, videos, articles and more to feel your best at work, home, school and in your community.

Your EAP is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Our website — **EAP4YOU.com** — offers a wealth of information, tools and resources available any time. The EAP truly has something for everyone. Call to learn more:

800-327-4968 (800-EAP-4YOU) or TTY: 711.