



Your EAP is

local.

Everywhere a Postal Service employee operates, the EAP is there to provide support.

Assistance near you.

Our team offers nationwide support, providing USPS employees and their household members across the U.S. counseling, resources, and assistance to promote mental health and well-being both in their personal lives and at work. Our services are accessible to individuals, regardless of the challenges they face or where they are located across the country.

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.