



# Your EAP is *versatile.*

The USPS Employee Assistance Program (EAP) offers wide-ranging services to support Postal employees and your family members.

Your EAP has the counseling tools and resources designed to help you face life's challenges. The tools we offer can help address issues ranging from anxiety and addiction to insomnia, chronic pain and stress. We also offer mindfulness and meditation training, assistance in coaching to improve leadership skills and tools to increase overall wellness.

- Face-to-face Counseling
- Video Counseling
- Telephonic Counseling
- "In the Moment" Support
- Web-based tools
- Online Counseling
- EAP Orientations
- Suicide Prevention
- Work/Life Balance
- Coaching
- Training
- Consultations
- Critical Incident Response
- Eldercare / Childcare
- Mentally Prepare for Retirement

**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](http://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.**