

Service Talk

Resource Spotlight: Learn to Live

Learn to Live – Free Online Mental Wellness Support

All employees and their household members have access to a valuable resource through the Employee Assistance Program (EAP) called **Learn to Live**.

Learn to Live is a confidential, online mental wellness program available free of charge to all USPS employees. It is an interactive program based on proven cognitive behavioral therapy techniques and is designed to help individuals build practical skills to better manage everyday challenges.

The Learn to Live program can help with:

- Stress and anxiety
 - Depression
 - Insomnia
 - Substance use
- Life brings challenges both on and off the job. Having tools to manage stress, improve sleep, and strengthen resilience can make a meaningful difference in mood, focus, and overall well-being.

Why Use Learn to Live?

100% confidential and secure: No one at the Postal Service is notified if the program is used.

Available 24/7: Accessible anytime, anywhere.

Self-paced and easy to use: Work through the program on a personal schedule.

Accessible from any device: Computer, phone, or tablet.

Support options available: Support by phone, text, or email.

The program is designed to help improve resilience, mood, and focus — skills that benefit both personal life and work performance.

How to Access Learn to Live — Getting started is simple.

- Visit **EAP4YOU.com**
- Locate the **Digital Wellness Program** section on the homepage
- Click **“Get Started”** to be redirected to the Learn to Live website
- Enter the USPS Access Code: **USPS**
- Follow the prompts to **complete enrollment**
- Begin **using the program** online or
- Download the **Learn to Live App** and log in using the credentials created during registration