



# Health, Wellness and Prevention Through Your EAP

Have you checked out what the EAP has to offer lately? We offer a wide range of services for everyone. Our goal is to help USPS employees and their families live better.

## Counseling

Counseling continues to be the backbone of the EAP, offering assistance to those who need help. Our caring, supportive, professional staff are able to provide counseling services with a solution-focused treatment. The EAP can be a solution for short-term counseling needs and a resource guide for longer-term situations.

## Consultation

For those facing a situation of concern that doesn't require counseling, the consultation services offered may be just what you are looking for. EAP

consultations are a way to talk to a professional about a specific topic to get advice, information or just have someone listen to your concerns. Getting a second opinion, guidance or information may be very helpful and the EAP offers a professional and objective viewpoint.

## Coaching

Life coaching has become a highly sought-after and successful way for people to set and achieve goals in both their personal and professional lives. EAP coaches have a keen understanding of life transitions, extensive experience

in helping people communicate more effectively and a belief in your potential. Coaching will help promote self-awareness, clarify your visions, values, intentions and goals, and enhance skills in all areas of your life.

## Web-based therapy

As you are lending compassion through listening to others, it's important to pay attention to where things are with you. Do you need support or a listening ear yourself? Do you need to find ways to better manage life challenges so that you can reduce stress? Try web-based therapy by visiting [EAP4YOU.com](http://EAP4YOU.com).

All of these services strive for one thing: a healthier, happier you. Overall wellness is the state of being content in body, mind and spirit, and finding balance in each of these significant areas of your life. The quest to improve overall wellness is a perpetual work-in-progress as life events may threaten to throw things out of balance.

That is why the USPS EAP continues to focus on health, wellness and prevention. With a focus on overall wellness and helping employees and their families live up to their greatest potential, the promotions and programs of the EAP continue to evolve and expand to help achieve that wellness.

**More information about the EAP, the services we offer and how we may assist you is only a phone call away. You can also visit [EAP4YOU.com](http://EAP4YOU.com) for more information and resources. Available 24 hours a day, 7 days a week, we are always available to help you through a struggle, assist you as you reach a goal and encourage you to live the best life you can. Why hesitate? Give us a call today!**