

Coronavirus

Support through Online Therapy

Audio, video and text message therapy through your **EAP**.

With online counseling services, USPS employees and their families can access professional counseling anytime, anywhere, through a computer, tablet or smartphone. By removing location and scheduling barriers, patients have greater flexibility and more options when it comes to providers. Whether you would like support in regard to challenges presented by the Coronavirus (COVID-19) or every day life, we are here for you.

Be right there (BRT). That's the kind of response you want when you or a family member is stressed or needs some help. It's even better when this support can be delivered right to your mobile phone.

Online Therapy includes:

- Access from a computer, smartphone or tablet
- No commutes or appointments
- Ability to communicate with a chosen therapist
- Secure and confidential support

To get started:

- Visit EAP4YOU.com
- Click "Get Started" under Online Counseling Services
- When prompted, enter organization name "USPS"
- Follow instructions to connect with a therapist

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.