

**Say** **Hello**



**to a program you can trust.**

## **EAP** Life Management Tools

The USPS Employee Assistance Program is designed to help you sort through life's challenges by providing consultation and short-term counseling as well as referral to specialized services. Created to assist USPS employees and their family with personal, job or relationship issues, the EAP will help you build a better you. To learn more about the EAP and find helpful information visit [EAP4YOU.com](http://EAP4YOU.com).

### Your EAP services:

Face to Face Counseling  
Telephonic Counseling  
Web-based Tools  
(myStrength)  
Text Therapy (Talkspace)  
Video Counseling

"In the Moment" Support  
EAP Orientations  
Consultations  
Promotions  
Coaching & Training  
Work/Life Balance

Critical Incident Response  
Health & Wellness  
Suicide Awareness &  
Prevention  
Preparing for Retirement  
Elder & Childcare

***We're here for you.***