

# Employee Assistance Program

Information on Services and Benefits



**EAP**  
We care, just call.

**PSC** |  Federal  
Occupational  
Health

Problems in your personal life can impact not just your peace of mind but also your ability to effectively do your job.

It can be a sizable challenge to keep one's professional duties on track while also dealing with personal responsibilities and concerns.

At such a time, it's important to have access to resources that can provide support and sound guidance. Your Employee Assistance Program (EAP) is available to help.

**The EAP is there for all life's challenges — big and small.**

When you call the toll-free EAP number, you will get an immediate response from a caring professional.

You can meet or speak with an experienced, licensed EAP counselor who is available in your community to provide consultation, short-term problem solving, or crisis management.

No matter what the issue relates to — work, family, relationships, health, finances, or substance use — the EAP is here to help, 24 hours a day, 7 days a week.

As part of our full spectrum of services, the EAP also offers access to legal and financial services, providing objective, targeted information on a wide range of issues. Our professionals also offer assistance with child and elder care and personal wellness issues.

Our ultimate goal is to help make your burden lighter and your way smoother.

EAP services are offered as a **FREE** benefit from your agency and services are confidential within the limits of the law.

To access a wealth of resources to help you better manage your work and life responsibilities, call or visit us online.

**EAP**

**24** 800-222-0364  
**HOURS** [FOH4You.com](http://FOH4You.com)  
**A DAY**



Please tell us about your EAP experience!

