

Something for Everyone

Counseling — Consultation — Coaching

EAP

Make the Call!

USPS Employee Assistance Program

1-800-327-4968

(1-800-EAP-4-YOU) TTY: 1-877-492-7341



www.EAP4YOU.com

The USPS EAP has something just for you.

Counseling — Everyone struggles at some point. The EAP is there to help you through what you are experiencing.

Consultation — Not sure how to address a situation? Consult an EAP professional for guidance.

Coaching — No matter how focused, sometimes goals are hard to reach. An EAP Life Coach can help ensure you reach yours.

**On the phone —
On the web —
In an office near you**