Counseling

The USPS Employee Assistance Program has the counseling tools and resources designed to help you overcome life challenges. The tools offered by your employer can help you and your loved ones begin to address those challenges. Here, you’ll find completely free, entirely confidential* access to the counseling programs and services you need to live a balanced and happy life.

Your EAP counseling services are designed to support you and your loved ones around the clock, on every device...

- Face-to-face counseling
- Telephonic counseling
- Video counseling
- Online therapy
- Web-based tools
- “In the Moment” support

Are you interested in...

- Being more present and productive at work?
- Receiving support when you don’t feel like yourself?
- Growing your personal and career skills?
- Being a caring, loving friend or family member?
- Receiving care after a traumatic event or diagnosis?
- Making healthy lifestyle choices?

Reach out today to your USPS EAP – A program you can trust.

*EAP counselors have master’s degrees and are licensed professionals. Your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g., when a person’s emotional condition is a threat to him or herself or others, or there is suspected child or elder abuse) or the issuance of a court order upon a showing of good cause.