



# Here with you.

## Introducing an updated EAP site for Postal employees.

EAP4YOU.com allows Postal employees and family members unlimited access to self-directed digital behavioral health tools and wellness resources. We aim to ensure you and your family have access to the latest health and wellness information by constantly improving our EAP services and tools. The site offers monthly updates including articles, webinars, resources and interactive content designed to help improve your life. We strive to continually evolve, while offering assistance for a wide variety of personal, family and work-related concerns.

### Web-based Tools:

- Health Resource Library
- Online Therapy
- Digital Wellness Tools
- Consultant/Clinician Finder
- Crisis Resources
- Live Webinars
- Live Chat

### Benefits of Web-based Tools:

- **Self-directed** - Standalone self-help resources
- **Treatment Planning for Counseling/Coaching** - Unlimited access to self-assessments and problem-solving resources
- **Transitional Tools** - If employees require clinical services beyond the scope of the EAP, they can utilize Web-based tools for support during their transition.

Your EAP is here for you around the clock. Reach out to us 24 hours a day, 7 days a week.

Our website — [EAP4YOU.com](http://EAP4YOU.com) — offers a wealth of information, tools and resources available any time and professionals are ready to take your call at:

800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.