



Your EAP is *confidential.*

### Confidentiality and privacy are a priority.

The USPS EAP gives employees and family members confidential access to the programs and services needed to live healthier. 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.

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. Professionals are ready to take your call at:

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