



Your EAP is *flexible.*

The USPS Employee Assistance Program offers a wide variety of modalities to all Postal employees and family members to provide support anywhere, anytime.

We aim to accommodate the needs of those we serve by offering flexible ways to connect. Licensed professionals are available to support Postal employees and family members in a variety of ways via a computer, tablet or smartphone. By removing location and scheduling barriers, employees have greater flexibility and more options when it comes to seeking assistance. The following services are offered for your convenience:

- **Face-to-face Counseling**
- **Video Counseling**
- **Telephonic Counseling**
- **Web-based Tools** - Our website offers online tools, resources and information to encourage self-help on topics ranging from emotional wellbeing and relationships to resilience and personal growth. Visit EAP4YOU.com to learn more.

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 — 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.