



Your EAP is

local.

The USPS Employee Assistance Program has an expansive team of professionals located across the country. Everywhere a Postal Service employee operates, the EAP is there to provide support.

Assistance near you.

Would you like to know who your USPS EAP consultant or clinician is and where their office is located? Visit EAP4YOU.com to find the licensed professional in your district. For more information or help navigating the EAP professional finder, give us a call anytime.

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.