



Your EAP is *mobile*.

Assistance from anywhere.

The EAP mobile app offers one more way for USPS employees and family members to quickly access employee assistance resources. Visit EAP4YOU.com on your smartphone and you will be prompted to save the app to your phone's home screen. It's that simple! For more information or help downloading the app to your phone, give us a call anytime.

The USPS EAP Mobile App offers access to:

- EAP Services
- Health Resource Library
- Live Chat
- EAP4YOU.com
- EAP Mood Journal

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.