



# How the EAP Supports Those Struggling with Substance Use

The USPS Employee Assistance Program (EAP) is a valuable resource offering support to employees dealing with substance use issues. This workplace program provides confidential assistance to employees and their families for personal or work-related concerns, including substance use and mental health challenges. Below is an overview of how the program typically supports individuals facing substance use issues:

## Confidential\* Counseling Services:

- **Professional Counseling:** The EAP provides access to confidential counseling sessions with licensed professionals.
- **Confidentiality:** Employees can seek services without fear of their employer being notified.

## Assessment and Referrals for Treatment:

- **Initial Assessment:** The EAP offers an assessment to evaluate the severity of the substance use problem.
- **Referral to Treatment:** If necessary, the EAP can refer employees to specialized treatment programs tailored to their specific needs and circumstances.

## Access to Support Groups:

- **Referrals to Support Networks:** The EAP can connect employees with local or virtual support groups, or other recovery-focused community programs. These groups offer peer support and a structured way to maintain sobriety.

## Educational Resources:

- **Substance Use Education:** The EAP offers educational materials and resources to inform both USPS employees and their families.
- **Webinars:** Employees can register for webinars that cover topics like recognizing signs of substance use issues, building healthy coping strategies, and fostering recovery in the workplace.

## Crisis Intervention and Immediate Support:

- **Emergency Support:** If an employee is in crisis due to substance use, the EAP can provide immediate support, whether through phone counseling or connecting the employee to emergency care resources.
- **24/7 Availability:** The EAP offers round-the-clock access to support. Employees can reach out for help at any time.

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\*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.

To learn more about EAP services and all the ways we support USPS employees visit [EAP4YOU.com](https://EAP4YOU.com)