



Coronavirus

Support Around the Clock

The USPS Employee Assistance Program has the counseling tools and resources designed to help you face challenges related to Coronavirus (COVID-19). The tools offered by your EAP can help you and your loved ones begin to address those challenges. Visit EAP4YOU.com to access the counseling programs and services that could be beneficial at this time.

Supporting you and your loved ones
around the clock, on every device...

We're here for you through...

- *Telephonic counseling*
- *Online therapy*
- *Video Counseling*
- *Web-based resources*
- *"In the Moment" support*
- *Coaching*
- *Consultation*

Are you interested in...

- *receiving support around COVID-19 concerns?*
- *receiving support when concerned for others?*
- *growing your resiliency skills?*
- *caring for a family member with COVID-19?*
- *receiving care after diagnosis?*
- *making healthy lifestyle choices while isolated?*
- *responding to the community health crisis?*

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.