

# Make the Call

To your Employee Assistance Program

Life can be full of challenges — some we expect and some we don't. Sometimes, these challenges may affect our personal well-being, family relationships or work performance. Call the EAP when you need a new perspective or help identifying your options.

The EAP is not just for crisis situations. It is a life-management tool designed to help you sort through life's ups and downs. We provide information, consultation, short-term counseling and coaching services as well as referral to community resources, longer-term or specialized services. In your first EAP appointment, you and your counselor will work together to help clarify problems, identify your options and develop a plan of action.

## Remember the EAP is...

- Offered by your employer at no cost to you
- Confidential\* and professional
- Easy to access
- Available to USPS employees and their families

\*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.

**Take that first step and make the call...**  
*You'll be glad you did!*