



THE BRANCH 324 BUZZ



June 2022

Employee Assistance Program

EAP

The Employee Assistance Program is governed by Article 35 of the National Agreement. EAP is jointly administered by the NALC, the APWU and the USPS. It provides confidential education, referral and counseling to help employees through personal challenges of all types, including alcoholism and drug-abuse programs.

Letter carriers seeking EAP services may contact their local union officers for information, call 1- 800- EAP- 4YOU (800-327-4968) TTY: 877-492-7341 or go to:

www.eap4you.com

The USPS Employee Assistance Program has the counseling tools and resources designed to help you overcome life challenges. The tools offered by your EAP can help you and your loved ones begin to address those challenges. Here, you'll find completely free, confidential access to the counseling programs and services you need to live a balanced and happy life.

...in addition, the **EAP** now offers more services and new ways to find support.

"In the Moment" Support
Video Counseling
Telephonic Counseling
Web-based Tools
Text Therapy
EAP Orientations
Suicide Prevention
Promotions
Work/Life Balance Resources
Elder & Childcare Resources
Health & Wellness
Preparing for Retirement
Educational Webinars



USPS Employee Assistance Program

A Program You Can Trust

Are you interested in...

- receiving support when you don't feel like yourself?
- growing personal and career skills?
- being a caring friend or family member?
- receiving care after a traumatic event or diagnosis?
- making healthy lifestyle choices?

EAP Services

Below are just a handful of ways in which the EAP is here to support you:

- Counseling
- Web-based Tools (myStrength)
- Text Therapy (Talkspace)
- Coaching
- Critical Incident Response
- Health, Wellness and Prevention
- Suicide Awareness & Prevention

We all have our struggles.

Everyone has times when depression, stress, chronic pain, anxiety, lack of sleep and even substance use can impact daily living. Finding support to improve these things and focus on your emotional health is important. Through a partnership with myStrength, you now have access to new wellness tools. This online resource encourages users to address the following topics while supporting the physical and mental aspects of whole person health.

- Depression
- Anxiety
- Stress
- Substance Use
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness & Meditation



EAP4YOU.com