



Here for you.

Need Support? We're Here to Help!

Confidential*. Free. Available 24/7.

Whether you're facing challenges at work or at home, the EAP is here to support your emotional well-being, mental health, and life balance.

Services and Support for:

- Stress or burnout
- Anxiety or depression
- Family or relationship concerns
- Financial challenges
- Grief or loss
- Substance use concerns
- Work-life balance issues

EAP4YOU.com

800-327-4968 | (800-EAP-4YOU) | TTY: 711

EAP is Available to:

USPS Employees, Family Members, & Household Members

*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.