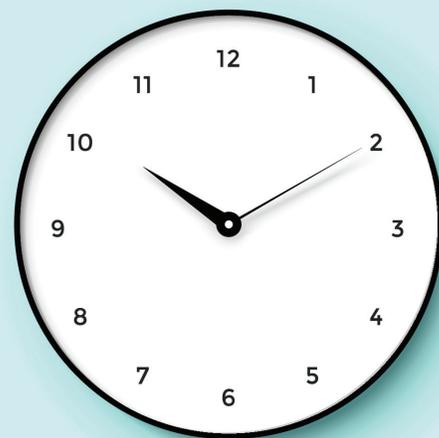


# Say Hello



to around-the-clock care.

## Welcome to your **EAP** Employee Assistance Program

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.

**Say hello** to your new services, designed to support you and your loved ones **around the clock, on every device...**

### Lots of ways to connect...

- Face to face counseling
- Telephonic counseling
- Text therapy (Talkspace)
- Video Counseling
- Web-based resources (myStrength)
- "In the Moment" support
- Coaching

### Are you interested in...

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

**USPS EAP - A Program you can trust.**



CALL US TODAY: 800-327-4968  
800-EAP-4YOU | TTY: 877-492-7341  
WWW.EAP4YOU.COM