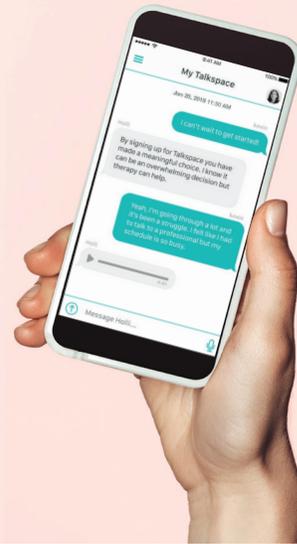


# Say Hello

to text therapy.



## Text message therapy with your **EAP** and Talkspace.

Everyone has times when life is overwhelming. Transitions, parenting, work, marriage, health and finances can be a lot to bear from day-to-day. This constant stress can affect your physical and mental health, making it hard to operate at your best. That's where the advice, support and resources from an expert can help. Around-the-clock support through text makes anytime the perfect time to reach out. Therapists respond at least daily, 5 times a week.

**Be right there (BRT). That's the kind of response you want when you or a family member is stressed or needs some help. It's even better when this support can be delivered right to your mobile phone.**

### Text Message Therapy includes:

- Access from a computer, smartphone or tablet
- No commutes or appointments
- Ability to communicate with a chosen therapist
- Secure and confidential support



Visit [www.EAP4YOU.com](http://www.EAP4YOU.com) | Click "Get Started" under Talkspace | Enter organization name: **USPS**  
Follow instructions to... | Connect with a therapist

Talkspace is optimized for Google Chrome. You will have the best Talkspace experience using this browser. Talkspace supports the latest version of all major browsers: **Google Chrome, Microsoft Edge, Mozilla Firefox, Apple Safari.**



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