



Your EAP is *online*.

The EAP offers Postal employees and family members unlimited access to self-directed digital behavioral health tools and wellness resources via EAP4YOU.com.

Your EAP site offers articles, webinars, resources and interactive content designed to help improve your life. Through EAP4YOU.com, you and your family have access to the latest health and wellness information as well as assistance for a wide variety of personal, family and work-related concerns.

Web-based Tools:

- Health Resource Library
- Online Therapy
- Digital Wellness Tools
- Consultant/Clinician Finder
- Crisis Resources
- Live Webinars
- Live Chat
- Local Resources: findhelp.org

Benefits of Web-based Tools:

- **Self-directed** - Standalone self-help resources
- **Treatment Planning for Counseling/Coaching** - Unlimited access to self-assessments and problem-solving resources
- **Transitional Tools** - If employees require clinical services beyond the scope of the EAP, they can utilize Web-based tools for support during their transition.

Your EAP is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Our website — EAP4YOU.com — offers a wealth of information, tools and resources available any time. Professionals are ready to take your call at:
800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.