

EAP Services for Military Members and Veterans

Military service can be challenging. The USPS Employee Assistance Program provides a range of services to help ease the burden for both you and your family.



Whether you're seeking support for a current challenge or a long-term need, the USPS EAP is here to help. We assist in identifying and resolving personal, family, and workplace concerns.

Veterans, reservists, and active military members preparing for or returning from deployment can access support for issues specifically affecting military families, such as:

- Work stress
- Family issues
- Anxiety
- Grief/loss
- Elder care
- Parenting
- Lifestyle changes
- Relationship problems
- Depression
- Anger management
- Substance abuse
- Communication
- Separation from spouse
- PTSD
- Managing by yourself
- Finding a routine
- Multiple deployments
- Difficulty sleeping

If you or a family member has been called to active military duty or is away for service, it can be a stressful and emotional time. Additional challenges may arise when a service member transitions back from duty. The EAP is here to support USPS military members, veterans, and their families in navigating unique challenges, building resilience, and promoting overall health and well-being. Reach out for assistance, wellness tools, and resources designed to help you and your family live healthier lives.