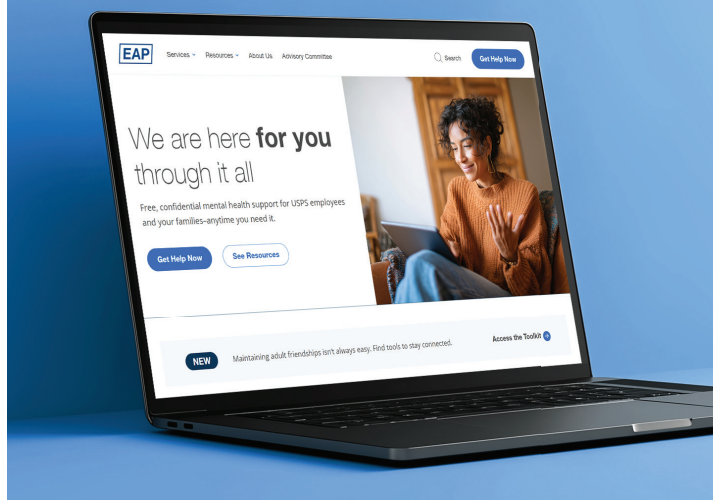




EAP4YOU.com

Your Online Resource
for Support, Information,
and Well-Being

EAP4YOU.com is the official USPS Employee Assistance Program website, offering confidential support, resources, and information for employees and eligible family members.

Resources for Everyday Life

Find information and
tools related to:

- Stress management
- Emotional well-being
- Work-life balance
- Relationship concerns
- Financial challenges
- Grief and loss
- Life transitions
- Personal growth and resilience

Easy-to-Use Resource Library: Browse articles, assessments, handouts, videos, and other helpful resources designed to support your well-being at work and at home.

Searchable Content: Quickly find information and resources on topics that matter most to you.

Leadership Resources: Supervisors and managers can access guidance, tools, and information to help support employees and foster a healthy workplace.

EAP Services Are:

- Free
- Confidential*
- Available 24/7/365
- Available to USPS Employees and Eligible Household Members

Why Visit EAP4YOU.com?

- Explore resources designed to support your well-being
- Learn about EAP services and how they work
- Access tools for work, life, and family concerns
- Find information when you need it, at your own pace
- Connect with confidential professional support

*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.