



Support for **Life's Challenges**

Confidential Counseling for USPS Employees

You Don't Have to Face Challenges Alone

EAP counseling offers confidential, short-term support to help you navigate life's challenges, strengthen emotional well-being, and move forward with confidence.

Managing Stress & Anxiety

- Learn healthy ways to cope with everyday stress
- Build skills to manage anxiety and feel more in control
- Develop strategies to improve focus, sleep, and energy

Strengthening Relationships

- Improve communication with family, friends, and coworkers
- Work through conflicts in a constructive way
- Build stronger, more supportive connections

Coping with Grief & Loss

- Process feelings related to loss or major life changes
- Receive compassionate, non-judgmental support
- Find healthy ways to adjust and move forward

Navigating Life Transitions

- Adjust to changes such as career shifts or family needs
- Build resilience during uncertain times
- Set goals and create a path forward

How Counseling Supports You:

EAP counseling offers private, one-on-one sessions with a licensed counselor, providing a safe space to talk openly and honestly while gaining practical tools and coping strategies tailored to your unique needs. Services are confidential and convenient—your privacy is protected, nothing is shared without your consent, and support is available at no cost through flexible phone or virtual appointments.

Whether you're feeling overwhelmed or just need someone to talk to, EAP counseling is here.