



Supporting USPS Caregivers

Through the Employee Assistance Program (EAP)

Balancing work and caregiving responsibilities can be overwhelming—but you don't have to do it alone. Your EAP offers support tailored to the unique challenges caregivers face at no cost to you. Whether you're caring for an aging parent, a partner, or a loved one with special needs, EAP services are available to help you navigate each step of the journey.

Mental Health & Emotional Support

- Counseling with licensed professionals experienced in caregiver stress, grief, and compassion fatigue
- Support for managing challenges like anxiety, depression, sleep difficulties, and emotional exhaustion
- 24/7 crisis support line available anytime you need immediate assistance

Resource Navigation

- Personalized guidance to help you understand and access government or community benefits
- Referrals to local elder care services, in-home support, and respite care options
- Offering resources and support navigating tools such as findhelp.org

Work-Life Balance Tools

- Coaching on managing time and setting healthy boundaries
- Stress management techniques and mindfulness tools
- Strategies for effectively communicating caregiving responsibilities with supervisors and coworkers

You deserve support—every step of the way. Even small steps like taking a short break, talking to someone, or asking for help can significantly reduce stress and prevent caregiver burnout. Prioritizing your well-being is not just good for you—it's essential for those who rely on your care. The USPS EAP is here to make those small steps easier. Reach out today or visit EAP4YOU.com.