# EAP Resources for **Military Members and Veterans**

For U.S. service members, veterans and their families, the Employee Assistance Program (EAP) provides a range of resources to support their well-being and address various personal and professional challenges.

Whether you are on active duty, a reservist, or a veteran, it's important to know the resources available to you and your family. An EAP professional is ready to provide tailored information and support for the unique challenges you may face at work and at home. Reach out to the EAP for strategies in managing both work and personal situations.

Supporting veterans as they transition to civilian employment is vital to building a strong, inclusive, and high-performing workforce. **The USPS Military Programs Specialist** plays a key role in keeping current veteran employees informed and advocating for their needs. Employees with questions about policies or processes—such as military leave, military service buyback, or Wounded Warrior Leave—are encouraged to contact the USPS Military Programs Specialist at **military@usps.gov**