



800-327-4968

(800-EAP-4-YOU) • TTY: 877-492-7341

www.EAP4YOU.com

EAP HELPS DURING NATURAL DISASTERS

The USPS Employee Assistance Program (EAP) is committed to assisting USPS employees and their household members through the day-to-day stresses they may face as well as the crisis that can follow a natural disaster like a hurricane, flood, tornado, or wildfire.

The EAP strives to provide the best information and resources before, during, and after a crisis to aid in the preparation and recovery from the event. You can connect with your EAP by phone or through their website for the following support:



CRISIS RESPONSE SERVICES

Onsite crisis response services to help worksites adjust and deal with the aftermath of such devastating situations.



INDIVIDUAL COUNSELING

Individual counseling and consultation services, free of charge, to all USPS employees and their eligible household members.

NO MATTER HOW MUCH INFORMATION YOU HAVE AND HOW PREPARED YOU MAY BE, YOU MAY STILL BE IMPACTED BEYOND THE PHYSICAL DAMAGE THAT NATURAL DISASTERS CAN LEAVE BEHIND.

The EAP is available by phone 24 hours a day, 7 days a week. Call and request to speak to a counselor over the phone. You can also ask to be referred to a counselor in your area to help you deal with the emotional impact of the event.

When preparing for a natural disaster, we strongly recommend that you take proper precautionary action in accordance with recommendations from the local authorities.



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Contact us to learn more about the services we can provide and get information, resources, and tools to help you cope.

