



Set New Goals

Now is the best time to start reaching those goals you've always hoped to achieve.

Contact the EAP today to be connected with a coach in your area who will work with you to create specific goals that you would like to reach.

There's no better time to start than right now.

Coaching can occur in an office setting, over the phone or through a video call. As always, the EAP offers this service at no cost to USPS employees and their eligible family members.

Steps to Help You Become Healthier:

- Find a sense of purpose
- Take pleasure in small joys
- Practice acceptance
- Reduce stress
- Prioritize self-care
- Continue to learn
- Build a social network
- Contact your EAP
- Connect with an EAP coach

Your Employee Assistance Program is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Visit EAP4YOU.com to find a wealth of information, tools and resources and feel free to give us a call at 800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.