



10 REASONS

for Feds to Use the Employee Assistance Program (EAP)

We all have a need to seek help and consultation at some point in our lives. Whether it's helping you to navigate life's transitions, improve your experience at work, or maximize your physical and emotional wellbeing, the EAP is here to assist. This infographic highlights common reasons to contact the EAP for support.

1

Free Counseling

The EAP offers completely FREE and confidential counseling to Federal employees and their family members. You can use the short-term counseling for nearly every type of situation that affects your work or personal life, including parenting, time management, marriage counseling, coping with a traumatic event, and much more. EAP counselors are a nonjudgmental pair of listening ears and a source of support for us all.



Stress Management

Stress can be brought about by positive life changes like moving, a planned pregnancy, routine pressures from work, family, and other daily responsibilities, or traumatic events, such as a natural disaster, a violent event, or loss of a loved one. The EAP can help you cope with stress by providing access to trainings and sources of support as well as giving you advice on stress reduction tactics.

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Caregiving Responsibilities

Your wellbeing and productiveness depends on your ability to manage work and personal responsibilities. The EAP can help you and your family by offering referrals to child and adult day cares, in-home assistance, and other services for routine needs, such as transportation assistance or meal delivery. The EAP can also share information on support groups and self-care tips, related to child care, elder care, and other adult care needs.



Financial Planning

If you are experiencing financial difficulties or simply want to learn more about budgeting and savings, contact your EAP. EAP services can help identify and explore your options related to debt management, budgeting, retirement planning, college funding, estate planning, investment strategies, and more.

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Legal Assistance

Occasionally, you may encounter a legal issue or have a legal question. Examples of issues that come up in life include identify theft, car accidents, family law, and real estate matters. The EAP can help you stay in control of your legal affairs, by providing information on low-cost and no-cost legal options, referrals to advocacy groups and attorneys, and related educational materials.



Treatment for Substance Use Disorders

Substance use disorders (SUDs) affect people from all walks of life and all age groups. They are common, recurrent, and often serious, but treatable and many people do recover. A Certified Employee Assistance Professional (CEAP) helps employees, managers, and loved ones by providing education on signs of SUDs and how to refer those in need to help, offering confidential counseling, and providing recommendations for treatment.

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Managing Your Mental Health

Millions of Americans are affected by mental health conditions every year. The EAP can help whether you're aiming to maintain your healthy mindset or manage mental health challenges, such as depression, anxiety, and post-traumatic stress disorder.



Response to Violence (at Work or at Home)

If you are currently experiencing or have experienced abuse or a traumatic event at work or home, support is available. The EAP provides free, confidential counseling, safety planning for home and work, support groups, referrals to community resources, and coordination with other internal resources when appropriate.

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Transitioning Back to Work

Returning to work after short-term or long-term leave can be difficult. EAP counselors can provide encouragement and support and have knowledge of the workplace environments and resources to assist in optimizing your return.



Any Concerns Affecting Your Work and/or Personal Life!

The EAP can help with life-changing events or everyday problems. It is normal to feel nervous or anxious before reaching out for help. Contacting the EAP can be an important first step to getting the support you need to be your best at home, work, and in your community.

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Contact your local HR office to find your agency EAP Administrator or search OPM's Work-Life Contact Tool available at:

<https://www.opm.gov/CCLContact/>.