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.

Free Counseling The EAP offers completely FREE and

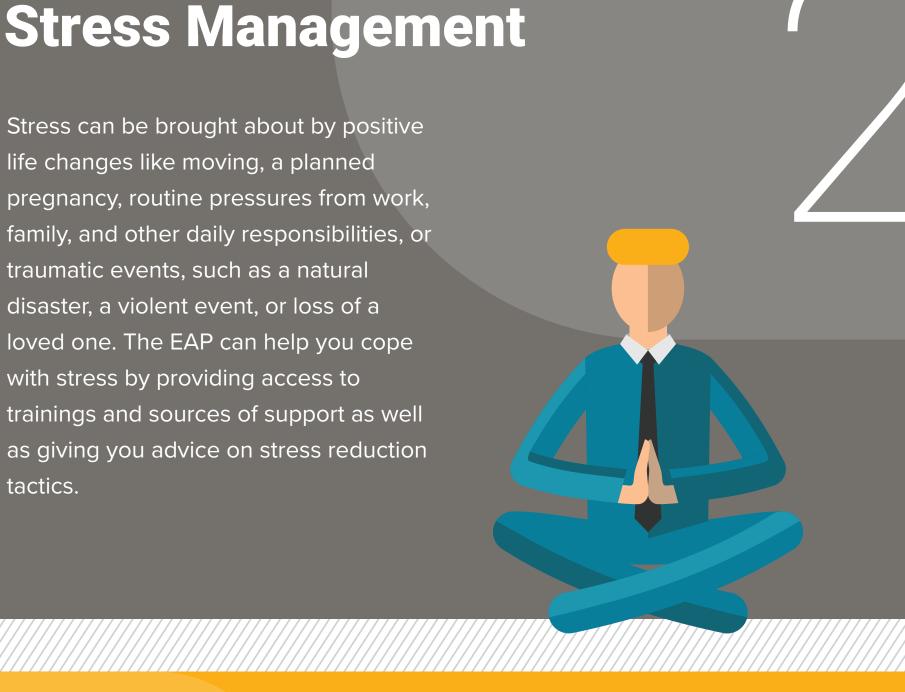
confidential counseling to Federal

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

life changes like moving, a planned pregnancy, routine pressures from work,

Stress can be brought about by positive

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.

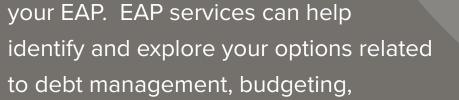


Your wellbeing and productiveness depends on your ability to manage work and personal responsibilities. The EAP can help you and your family by offering referrals to child and

Responsibilities

Caregiving

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.



difficulties or simply want to learn more

about budgeting and savings, contact

If you are experiencing financial

Financial Planning

retirement planning, college funding, estate planning, investment strategies, and more.





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

(CEAP) can help employees, managers,

and loved ones by providing education

in need to help, offering confidential

recommendations for treatment.

counseling, and providing

on signs of SUDs and how to refer those

Employee Assistance Professional

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.

Occasionally, you may encounter a legal

issue or have a legal question. Examples of

issues that come up in life include identify

Treatment for Substance

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.



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.



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/.

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