

# Stand-Up Talk

**March 25, 2020**

## Help in challenging times

**EAP is available 24/7**

The Postal Service takes your health, safety, and well-being seriously — you are our most-valuable asset.

That's why there are a range of benefits available to help you stay healthy, physically and emotionally, including the Employee Assistance Program, which we also know as EAP.

We are facing challenging times, and the Postal Service wants you to know that assistance is available 24/7.

EAP can help you and your family members cope with stresses related to the COVID-19 pandemic — whether they are due to changes at work, health concerns, or financial pressures.

EAP is available 24 hours a day, 7 days a week. It is voluntary, confidential, and free. Services include:

- Face-to-face counseling, where available.
- Telephone counseling. Employees can speak with a counselor by calling 800-327-4968. The TTY number is 877-492-7341.
- Video, text, and online therapy.

EAP4YOU.com has more information. Additional information is also available on the Employee Assistance Program page on LiteBlue (*Lite-blue-dot-usps-dot-gov*).

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