

# EMPLOYEE ASSISTANCE PROGRAM

**T**he Employee Assistance Program is governed by Article 35 of the National Agreement. The National Joint Committee oversees the operation and efficiency of the EAP. The current members of the National Joint Committee are the Postal Service, the National Association of Letter Carriers, and the American Postal Workers Union. The National Postal Mail Handlers Union has been attending the monthly National Joint Committee meetings as a guest since May 2021.

In accordance with the 2019 National Agreement's Memorandum of Understanding Re Article 35, Task Force on Participation on Employee Assistance Program Committees, a Memorandum of Understanding is being finalized between the national parties to memorialize the participation and representation of the NPMHU on the Employee Assistance Program Committees at the National and District level.

The Employee Assistance Program is a free service offering short-term counseling and other resources designed to overcome life challenges that may effect your health, family life or job performance. The Employee Assistance Program is available to all 658,317 Postal Service employees and their family members. Participating in the Employee Assistance Program is voluntary. The Employee Assistance Program hotline at **1-800-EAP-4 YOU (800-327-4968)**, **TTY: 877-492-7341** is available 24 hours a day, 7 days a week, 365

days a year. Upon calling the hotline, a customer service associate will determine the immediate needs of the caller and provide emergency intervention with a counselor, referrals, or information. All counseling sessions are confidential. Counseling sessions are available face to face, via telephone, or by text and video. In October 2021, the call center managed 8,426 calls.

Employee Assistance Program services are also available at **www.EAP4you.com**. The website is very popular, with more than 40,000 visits in the month of October 2021. The website offers web-based self-help tools. The Health Resource Library provides help on topics such as caregiving, health, addiction, and military life. Through the website you are also able to access myStrength, which is a digital behavior platform to help you with reaching goals and maximize overall wellbeing. Topics include mindfulness and meditation, balancing emotions, and stress.

Employee Assistance Program services and resources are also available by downloading the Employee Assistance Program app on your smartphone. Visit **www.EAP4you.com** on your smartphone and you will be prompted to save the app to your phone's home screen.

Take the opportunity to visit the Employee Assistance Program website to explore all the resources and services available to you and your family members.

**Make the Call!**

**USPS EMPLOYEE ASSISTANCE PROGRAM:**

**1-800-EAP-4-YOU (1-800-327-4968) | TTY: 1-877-492-7341**  
**www.EAP4YOU.com**

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