



## EMPLOYEE ASSISTANCE PROGRAM

Teresa Harmon, Manager, CAD

**O**n December 14, 2021, the NPMHU and the Postal Service signed a Memorandum of Understanding Re Joint Employee Assistance Program Committee. With the signing of this MOU, the NPMHU has joined USPS, the National Association of Letter Carriers (NALC), and the American Postal Workers Union (APWU) on the National Joint Committee (NJC) and the fifty District Advisory Committees (DACs) concerning the employee assistance program. The NJC meets monthly; the DACs meet on a quarterly basis. The NJC is currently determining the location of the fifty DACs within each District. The NPMHU will have four representatives, consisting of two voting members and two alternate members on each DAC. The role and the responsibility of the NJC and DACs are contained in the Advisory Committee Guidelines which are available at the Member Resources tab at [npmhu.org](http://npmhu.org).

What is the Employee Assistance Program? It is a free service offering short-term counseling and other resources designed to overcome life challenges that effect your health, family life, or job performance. The Employee Assistance Program is available to all Postal Service employees and their family members. Participating in the Employee Assistance Program is voluntary and confidential. There is no cost associated with services provided. EAP services are available through the following methods:

First, through the Employee Assistance Program hotline at **1-800-EAP-4 YOU (800-327-4968)**, TTY: **877-492-7341**. The hotline 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, telephonic, by text, and by video.

Next, through the Employee Assistance Program website **[www.EAP4you.com](http://www.EAP4you.com)**. The website offers web-based self-help tools. The Health Resource Library provides help on topics such as caregiving, health, addiction, and military life. On a monthly basis, the website through the "Monthly Focus" article highlights a specific topic. For instance, the Monthly Focus for the month of May 2022 was Military Members and Veterans.

Through the website you also have access to myStrength, which is an online tool to help you live your best life. This digital behavior platform will help you with reaching goals and maximize overall wellbeing. Topics include mindfulness and meditation, balancing emotions, and stress. The myStrength platform is personalized just for you and requires you to set-up an account.

In addition, you can register for live webinars on the EAP website. These web-based videos explore topics from emotional intelligence to navigating personal challenges.

Employee Assistance Program services and resources are also available by downloading the EAP mobile app on your smartphone. Visit **[www.EAP4you.com](http://www.EAP4you.com)** on your smartphone and you will be prompted to save the app to your phone's home screen. With the EAP mobile app, you have one more way to quickly access EAP resources.

With online and video counseling, you and your family members can access professional counseling anytime and anywhere, through a computer or smartphone. Take the opportunity to visit the Employee Assistance Program website to explore all the resources and services that may be available to you and your family.

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