



Navigating *the* Seas *of* Change

**The seas of change can be rough.
Keep the wind in your sails and your
crew on board with guidance from
your Employee Assistance Program.**

24 HOURS A DAY 800-222-0364 foh4you.com

The Employee Assistance Program (EAP) is a voluntary and confidential employee benefit available to eligible federal employees at no cost.

EAP **PSC**  **Federal
Occupational
Health**
U.S. Department of Health and Human Services