

# REALIZE YOUR RESILIENCE



Stress is a daily challenge and can pop up anywhere. Ramp up your stress hardiness and be ready at any turn with help from your Employee Assistance Program (EAP).

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



(800) 222-0364  
TTY: (888) 262-7848  
FOH4YOU.COM



U.S. Department of Health and Human Services