



The moment we lose a loved one, pet, relationship, home, or job, life changes and we experience some form of grief. Your Employee Assistance Program (EAP) is here to help you sort through your feelings and cope with the adjustment. Take care of yourself and call us today.

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

24
HOURS
A DAY

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

EAP

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