

# KEEPING AN EYE ON KIDS' MENTAL HEALTH



It's normal for your child to change over time, but it's not always clear whether certain shifts are typical, just a phase, or a more serious mental health concern. Contact your Employee Assistance Program (EAP) to know what to look for and when to seek help.

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

PSC

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