



# GIVE YOURSELF

SOME

# GRACE

*Find out how your overall well-being involves the ability to have compassion and forgiveness for yourself and others.*

*CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP) TODAY!*

24

HOURS  
A DAY



(800) 222-0364 FOH4YOU.COM

The 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