

ACHIEVE MORE

Do you ever feel like
you aren't achieving
all you want to in life?

STAY ON TARGET
by reaching out to your Employee
Assistance Program (EAP) for
resources and best practices for
creating and carrying out goals.



(800) 222-0364

24
HOURS
A DAY

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