

# IMPROVING YOUR

# PRODUCTIVITY

and Minding Your Mental Health

Being productive is essential for achieving personal satisfaction and professional goals.

Call your Employee Assistance Program (EAP) for motivation to improve your output.

(800) 222-0364

24 HOURS A DAY

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