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# Make the Call!

USPS EMPLOYEE ASSISTANCE PROGRAM

**1-800-327-4968**

(1-800-EAP-4-YOU) TTY: 1-877-492-7341

**[www.EAP4YOU.com](http://www.EAP4YOU.com)**

***24 hours a day, 365 days a year***

CONFIDENTIAL | PERSONAL | PROFESSIONAL

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Your Employee Assistance Program (EAP) offers assessment, referral, short-term counseling and work/life consultation for postal employees and their families. Participation is voluntary.

Whether a challenge affects your health, personal life, or work performance, the EAP can help.

*EAP services are provided by independent counselors.*

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