



FEDERAL OCCUPATIONAL HEALTH

Employee Assistance Program

Personal and family problems can diminish your health, your happiness, and your ability to be at your best for yourself and your family. With the help of your Employee Assistance Program (EAP), provided by Federal Occupational Health, you can resolve these problems and become happier, healthier, and even more effective at home and at work.

What are the benefits?

- Available 24/7 – you can call the EAP 24 hours a day, 7 days per week, 365 days a year
- The EAP is a professional service that provides information, consultation, problem-solving counseling, resource identification, and support to all employees
- The EAP works in partnership with managers to complement and enhance your strengths
- The program helps improve productivity, morale, and employee motivation by providing timely support to both managers and employees
- The EAP is designed to help you with any concern or issue
- The resources of the EAP are available for you, as a manager and an employee, whether you have a personal issue or a management-related concern
- The EAP is completely confidential in accordance with state and Federal laws

"A popular employee died suddenly on the job. My section was devastated. I contacted FOH's EAP and they sent a counselor to meet with our group. The counselor was great. He helped our people really deal with this loss. I don't know what we would have done if he were not there. I highly recommend this service."

- Federal Manager

1-800-457-9808

FOH4You.com



Convenient Access by Phone or on the Web

Employees need only call 1-800-222-0364 (TTY: 1-888-262-7848) from anywhere in the United States to receive immediate assistance, 24 hours a day, 365 days a year. You can also obtain information and resources online at FOH4You.com. There, you will have easy access to educational materials, self-assessment tools, and specific information on available EAP services.

Counseling Services

Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

Financial and Legal Services

FOH's EAP includes free consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions. Services include help with living will and health care power of attorney, housing or real estate matters, estate planning, education funding, retirement planning, and investment strategies.

Health and Wellness Presentations and EAP Orientations

Health and wellness presentations and EAP orientations support both supervisors and employees. The employee orientation sessions discuss the features and benefits of the EAP, how the EAP functions, and how to access and use the EAP. Health and wellness presentations include such topics as civility, change and transition, balancing work and life, time and stress management, and more.

Supervisor and Risk Management Consultation

EAP counselors provide guidance and consultation so that supervisors and managers can effectively identify, interact with, and refer employees with performance or conduct issues to the program. FOH counselors are available 24/7 to discuss performance concerns and the appropriate EAP intervention.

Crisis Response

Exposure to threats, acts of violence, natural disasters, injury, or death calls for immediate response. EAP's National Crisis Response Team offers management consultations, psychological first aid, group and individual services, and follow-up with the organization once direct services are concluded.