



Resources for Employees

- The Postal Service is committed to assisting employees balance the challenges of life and work.
- The Employee Assistance Program (EAP) is a free, voluntary, and confidential program that offers assessment, referral, short-term counseling, and work/life consultation to postal employees and their families.

EAP offers employees the opportunity to balance their work and personal lives, thereby increasing job satisfaction and productivity.

And that's smart business.

Learn more about EAP services at the following site: www.EAP4YOU.com