

# Personnel Employee Bulletin

May 6, 2009

## Employee Assistance Program (EAP)

Did you know that your Employee Assistance Program (EAP) is available to you 24 hours a day, 7 days a week? Call 1-800-222-0364 (1-888-262-7848 TTY) or visit [www.FOH4you.com](http://www.FOH4you.com).

Federal Occupational Health (FOH) provides your organization's EAP. The EAP is a professional service that provides problem solving, coaching, training, information, consultation, and counseling resource identification to ALL employees. These EAP services are FREE and confidential.

Today, many individuals face a growing array of personal issues or problems that can interfere with overall quality of life and job performance. The EAP is available to you to help resolve life challenges, large or small. When you call the toll-free EAP number, you will get a prompt response and speak with a caring professional at their service center. The EAP service center staff will guide you to the appropriate resources, such as an experienced, licensed EAP counselor in your community for assessment, consultation, or crisis management; a referral for legal or financial consultation; or educational information related to your issue.

In addition to the services mentioned above, FOH offers employees a program called DLA Life Connections. This program can help with managing your day-to-day responsibilities. Help is available all day, all week, and all year. These services provide solutions for:

- Child Care
- Adoption
- Caring for aging loved ones
- Educational programs
- Health and Wellness planning
- Financial/Legal issues
- Consumer Information

For a wealth of information on life issues, visit the EAP website [www.worklife4you.com](http://www.worklife4you.com). Screen Name is DLA, Password: DLA (case sensitive). You can also call 1-866-426-0390 (800-873-1322 (TTY/TDD)) If you're overseas, call 203-925-2145 (TTY/TDD 203-291-3428) and ask the operator to reverse charges.

For additional information, please contact your servicing DLA Human Resources Center, <http://www.hr.dla.mil/cntctus.htm>. The Personnel Employee Bulletin will be published on the first Wednesday of each month.