



# EAP4YOU.com - Your Online Resource

The Internet is an instantaneous, powerful tool for providing information and services. As part of your EAP, the website can provide you and your family members with online assistance for a variety of personal, family, and work-related concerns.

## Visit [www.EAP4YOU.com](http://www.EAP4YOU.com) to access:

- Educational materials and articles
- Self-assessments, tools, and calculators
- Free interactive online seminars
- Information and resources addressing your specific concerns, available at no cost
- And much more!



## Personalized Information

Whether you want personalized information on nutrition, parenting, customized help with relationships, or mental health problems, EAP4YOU.com offers articles and interactive content designed to help improve your life – at work and at home. Content is updated monthly and new topics are added, so check it out often.

## Self-Assessments, Tools and Calculators

EAP4YOU.com offers hundreds of self-assessments, tools, and calculators to help you live healthy and work well. Below are just a few of the many topics that are covered. Log on to get a complete listing.

| Self-Assessments                                 | Tools and Calculators   |
|--|-------------------------|
| Diet and nutrition                               | Health                  |
| Parenting, child, and elder care                 | Home buying             |
| Personal and career development                  | Fitness                 |
| Stress, anger, and time management               | Investing               |
| Disorders such as anxiety, depression, and more! | Mental health and more! |

## Available Resources

Additional information, self-help tools, and other resources are available online at [www.EAP4YOU.com](http://www.EAP4YOU.com). Or call us for more information, help, and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you at 1-800-EAP-4YOU (1-800-327-4968); TTY 1-877-492-7341.

**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)