

## Employee Assistance Program (EAP)

Personal issues like juggling work and family can adversely affect your employees. Federal Occupational Health's (FOH) EAP equips employees and managers to meet life's challenges, and promotes a healthy, productive workforce. Our value: a legacy of federal experience and a robust service suite.

### Professional Support

Our licensed, professional counselors have delivered EAP services to federal partners for nearly 40 years.

### Any Work or Personal Issue

We bring an array of services to your entire workforce. Our counselors provide assessment, short-term consultation, and referral for:

- ▶ Stress
- ▶ Emotional health
- ▶ Family and relationships
- ▶ Substance use and misuse
- ▶ Workplace concerns
- ▶ Financial and legal guidance

### EAP Never Sleeps

At home and abroad, employees can contact our service center 24/7, 365 days a year. Our experts answer the call immediately. Plus, a dedicated website is always a click away with interactive tools, webinars, and much more.

### Management Matters

Managers have a responsibility to meet the needs of employees and the organization. Our EAP gives them the impartial, expert guidance to succeed at both, along with personalized consultation to achieve their own goals. We also support managers when employee performance issues arise.

### Financial Fluency, Legal Ease

Our financial experts and licensed attorneys assist employees with:

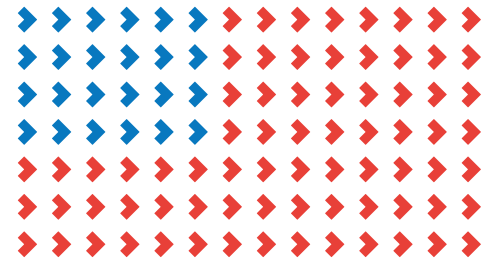
- ▶ Debt consolidation
- ▶ Savings strategies
- ▶ Retirement and estate planning
- ▶ Living will and power of attorney
- ▶ Education funding
- ▶ Furlough resources

### Crisis Response

FOH provides consultation and outreach to help reduce the impact of disruptive events like the death of a colleague. We also deploy specialized response teams alongside federal agencies during natural disasters and other critical incidents. These teams deliver psychological first aid with a focus on resilience.

### Promotional Outreach

We keep your employees attuned to the EAP's valuable services with regular marketing campaigns that cover a breadth of topics. These campaigns along with live, interactive webinars ensure your workforce gets the most out of their EAP.



FOH ▶ 70 years

### BENEFITS

- ▶ Improved productivity, engagement, and life satisfaction\*
- ▶ Reduced absenteeism and workplace distress\*
- ▶ Licensed, professional counselors
- ▶ Confidentiality
- ▶ Simple, flexible service delivery
- ▶ 24/7 access, 365 days a year

### DID YOU KNOW?

- ▶ FOH has nearly four decades of EAP and crisis response experience.
- ▶ Users report 98% satisfaction with our EAP counseling services.
- ▶ Our EAP demonstrates a \$1.9:\$1 return on investment.

### RELATED SERVICES

- ▶ FOH's work/life program, WorkLife4You, addresses your employees' most common caregiving challenges and daily life needs.

Answer your employees' life challenges by contacting  
1-866-4FOH-HLP [FOH.PSC.GOV](https://www.foh.psc.gov)

EAP



U.S. Department of Health and Human Services

\* International Journal of Health & Productivity (2018): "Demonstrating Value: Measuring Outcome & Mitigating Risk: FOH EAP Study Utilizing the Workplace Outcome Suite®." Vol 10(2), 28-34.