

Employee Assistance Programs & Support

What is the EAP?

Employee Assistance Programs are designed to help employees during times of stress. Counseling and coaching for a wide variety of needs is covered and some programs have diverse services around financial wellbeing and legal issues. Alcoholism and drug dependency programs are also available and designed to support employees. Employees in Federal Service will have access to an EAP. Non-federal resources can ask their employer about any EAP or employee support services are available.

Are you in need of support related to personal challenges, stress, well-being, or mental health stemming from impacts of the job?

“Mental health...is not a destination, but a process. It’s about how you drive, not where you’re going.”
– **Noam Shpancer, PhD**



More Resources

Employees can reach out to their employer to learn more about resources.

Follow the QR code for access information and passwords for Forest Service employees

[FS Mental Health Roadmap \(arcgis.com\)](https://arcgis.com)

