

Employee Assistance Programs

Accessing the EAP – How to Get the Most out of the Service?

Employee Assistance Programs are designed to help employees during times of stress. Knowing what to ask for and what to do if it isn't working is important too. Many people have struggled with the EAP and we are working to resolve issues. If you are denied services or something goes wrong, please reach out for help!



What to ask for in your initial communication?

Be prepared to describe your situation, the specific stress you are experiencing, and the possible cause of that stress or mental health issue. Explain you are a wildland firefighter and trauma informed care is important. Ask for information to understand the services available and pick the right one for you.

More Resources

Employees can reach out to their employer to learn more about resources that might be available to them.

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

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



Who Is Eligible?

Every Forest Service employee!
Regardless of type of appointment all employees are eligible to access services.

Need Help with Service?

Contact Shelly Pacheco for help
shelly.pacheco@usda.gov
505-328-5725

Please report issues with EAP providers

