



# Coronavirus

## Support Around the Clock

The USPS Employee Assistance Program has the counseling tools and resources designed to help you face challenges related to Coronavirus (COVID-19). The tools offered by your EAP can help you and your loved ones begin to address those challenges. Visit [EAP4YOU.com](http://EAP4YOU.com) to access the counseling programs and services that could be beneficial at this time.

Supporting you and your loved ones  
**around the clock, on every device...**

### We're here for you through...

- *Telephonic counseling*
- *Online therapy*
- *Video Counseling*
- *Web-based resources*
- *"In the Moment" support*
- *Coaching*
- *Consultation*

### Are you interested in...

- *receiving support around COVID-19 concerns?*
- *receiving support when concerned for others?*
- *growing your resiliency skills?*
- *caring for a family member with COVID-19?*
- *receiving care after diagnosis?*
- *making healthy lifestyle choices while isolated?*
- *responding to the community health crisis?*

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](http://EAP4YOU.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.