








## USDA Forest Service Employee Assistance Program (EAP)

USDA Forest Service has partnered with Espyr® to provide employees and eligible family members with a comprehensive EAP, including all of the services described below.

-  **Health Coaching** 6 telephonic sessions with a certified health coach who will help you set and achieve goals to improve your health and wellness.
-  **Life Coaching** 6 telephonic sessions with a coach to help you develop skills, maximize strengths, and overcome barriers to reaching your full potential.
-  **Mindfulness Based Stress Reduction Training** 6 virtual one-on-one sessions to develop calming and focusing strategies and to learn and practice mindfulness in everyday life.
-  **Counseling Support** for stress, marital and family problems, job related concerns, life transitions, work-life challenges, emotional issues, and other concerns.
  - TalkNow® provides immediate access to counselors for in-the-moment support, and guidance.
  - Up to 6 EAP sessions for assessment, short-term counseling, and referral.
  - Telephonic, video, and in-person options available.
-  **Legal** assistance for issues such as divorce, family law, wills, adoption, and more. Identity Theft Recovery and mediation services are also available. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP.
-  **Financial** consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.
-  **Work-Life** specialists provide consultation, information, resources, and verified referrals for most all personal and family needs such as:
  - Childcare and Eldercare
  - Adoption
  - Academic
  - Health and Wellness
  - Pet Care
  - Relocation
  - Concierge

Working with the EAP can help you navigate life's challenges with professional guidance when personal or work-related problems become difficult to manage, affect your job performance or quality of life.

The EAP is a free and confidential resource available 24/7.

**Call or Text:** (833) 621-2989

**Chat:** chat live with Espyr online or through the Espyr Connect mobile app to ask a question, request services, or receive immediate counseling support.

**Online:** [www.forestserviceeap.com](http://www.forestserviceeap.com)

**App:** Download Espyr Connect from Apple Store or Google Play.



**Password/Company ID:** usfs

Log in now to access monthly webinars, screenings, assessments, videos, quizzes, courses, articles, legal library, financial calculators, and more.

