

GIVE YOURSELF A HAND

Prevent caregiver
burnout—get the
support you need with
EAP

Caregiving is one of the most important roles anyone can perform. If the day-in and day-out demands and expectations become draining, one remedy is to seek outside support. This can come from professional programs like your Employee Assistance Program (EAP).

**We can help
you prevent
caregiver
burnout.**

24

HOURS A DAY

1-800-222-0364
(TTY: 1-888-262-7848)
FOH4You.com



PSC

**FEDERAL
OCCUPATIONAL
HEALTH**

EAP

Services are confidential and offered to you and your family members as a FREE agency-paid benefit.