



THAT'S THE SPIRIT



Make the holidays
work for you

Too often the demands, expectations, and hectic pace of the holidays can drain you. Make the holidays flow more smoothly this year with the help of your Employee Assistance Program (EAP). We can help you make the best of the holidays.

24
HOURS A DAY

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



PSC

EAP

FEDERAL
OCCUPATIONAL
HEALTH

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