



PAUSE

**BREATHE IN THE CALM.
BREATHE OUT THE TENSION.**

Your Employee Assistance Program (EAP) offers
the support you need to cope with stress.

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.