



Refocus and Realign

When you're busy with work and caring for others, it's easy to forget about the biggest priority of all: you. Learn to find the balance, and align your mind, body, and spirit.

EAP can help you 24 hours a day.

(800) 222-0364

TTY: (888) 262-7848

FOH4YOU.COM

The EAP is a voluntary and confidential employee benefit available to federal employees and their family members at no cost.

EAP
FOH4YOU.com

PSC

 Federal
Occupational
Health
U.S. Department of Health and Human Services