

Federal Occupational Health

Employee Assistance Program

The Federal Occupational Health (FOH) Employee Assistance Program (EAP) is a confidential resource that helps Federal employees and managers develop the knowledge, skills, and confidence needed to manage life challenges.

In what way does FOH's EAP help employees?

Master's level, credentialed counselors help employees with issues like stress, relationship difficulties, substance misuse, and other health problems. These issues, if left unresolved, can affect employee wellness, productivity, attendance, safety, and morale.

How does the EAP help managers?

Managers often deal with challenging or difficult situations and can benefit from impartial, experienced guidance. FOH's EAP professionals provide information, expert advice, and consultation to help managers respond effectively to employee and organizational concerns.

How can employees access the EAP?

Employees and their family members, both nationally and abroad, can contact our Service Center 24 hours a day, 365 days a year. Our expert staff answers calls immediately and treats each caller with the care and discretion they deserve. Employees can also visit the EAP Web site at FOH4You.com, where they will find interactive tools and resources on a wide range of topics.

When there is a crisis or traumatic event, how does the EAP help?

Available day or night, FOH's critical incident response services are designed to minimize the potential impact of a crisis or traumatic event. Our specialized team, which has more than 30 years of Federal crisis response experience, helps managers develop crisis preparedness and response plans, and is available immediately should a crisis occur.

Can the EAP help with legal and financial matters?

The FOH EAP includes consultation with financial experts and licensed attorneys. Services include assistance with living will and health care power of attorney, estate planning, education funding, retirement planning, and investment strategies.

How does the EAP protect the privacy of employees?

The EAP works with employees who have been referred for alcohol or drug-related concerns by helping employees find proper treatment in the community. The EAP also provides management services for Drug Free Workplace cases. The privacy of all EAP clients is safeguarded in accordance with both state and federal laws, including the Privacy Act of 1974 and applicable Confidentiality Regulations (42 CFR 1A2).

BENEFITS

- ◆ Seasoned and caring professionals
- ◆ Increased employee morale and reduced absenteeism
- ◆ Support available 24 hours a day, 7 days a week, 365 days a year



When my agency reorganized, I lost half of the staff in my department. The EAP was an extremely helpful resource during this time of change. ...The immediate availability of a counselor and the excellent coaching that I received was very valuable.

Federal Human Resources Manager

FAST FACTS

Excellence – FOH EAP users report 99 percent satisfaction with counseling services, while 99.5 percent indicate they would recommend the program to others.

Accessibility – Professional counselors are located in more than 85 Federal office buildings nationwide, and a network of providers is available across the U.S. and abroad.

Experience – FOH has more than three decades of EAP and crisis response experience.



(800) 457-9808
FOH.PSC.GOV

