

Employee Assistance Program

The Department of Energy's most important asset is its employees, and the agency is dedicated to maintaining a healthy and productive workforce. To that end, the Headquarters Employee Assistance Program (EAP) offers no-cost, confidential, short-term counseling and community resource referral for various issues affecting employee mental and emotional well-being such as stress, grief, depression/anxiety, family or financial problems, workplace conflict, and substance abuse. Staffed by experienced counselors, the EAP also works in a consultative role with managers and supervisors to help address workplace and organizational challenges and needs; and is active in helping organizations prevent and cope with workplace violence, trauma, and other emergency response situations.

Offered throughout the year, educational and wellness programs are held on a variety of topics; and EAP maintains lending libraries and informational resources at both sites.

For more information, or to schedule an appointment please contact:

Forrestal EAP Office, Room GM-184
(202) 586-4995
(202) 586-3489 Fax

Germantown EAP Office: H-106
(301) 903-4995
(301) 903-6478 Fax