



## FEDERAL OCCUPATIONAL HEALTH

# Concerned about a Furlough? EAP Can Help

### What are the benefits?

- Available 24/7 – you can call the EAP 24 hours a day, 7 days per week, 365 days a year
- The EAP is a professional service that provides problem solving, coaching, information, consultation, counseling, resource identification, and support to all employees
- The EAP works in partnership with managers to complement and enhance their strengths
- The program helps improve productivity, morale, and employee motivation by providing timely support to both managers and employees
- The EAP is designed to help with any concern or issue
- The resources of the EAP are available for employees and managers, with both personal and work-related concerns.
- The EAP is completely confidential in accordance with state and Federal laws

The uncertainty of a government furlough may leave some federal employees feeling stressed and anxious. Fortunately, you can still access your Employee Assistance Program (EAP), provided by Federal Occupational Health (FOH), during a furlough. Here are some things the EAP can do for you if you face this challenge:

### 1) Counseling Services

Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

### 2) Financial and Legal Services

FOH's EAP includes free consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions. Services include help with housing or real estate matters, living will and health care power of attorney, budgeting, credit/debt, estate planning, education funding, retirement planning, and investment strategies.

### 3) Online Tools

Access articles, tips, tools, calculators and assessments on topics including: *Budgeting 101*, *Money and Relationships*, *Financial Health*, *Resiliency*, *Managing Stress*, and much more.

1-800-222-0364 / 888-262-7848 TTY  
[www.FOH4YOU.com](http://www.FOH4YOU.com)

