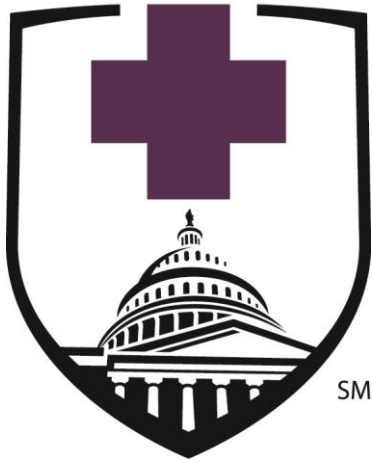


**NATIONAL CAPITAL
REGION MEDICAL**



**NATIONAL CAPITAL REGION
MEDICAL DIRECTORATE
EMPLOYEE ASSISTANCE PROGRAM (EAP)**

**Barbara Ison, Program Manager
National Capital Region Medical Directorate
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INTRODUCING YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

- EAP is a *confidential counseling program* offered to DoD Civilians and family members at no cost
- Health and Human Services
 - Federal Occupational Health (FOH), Provides you with a **wide range of Employee Assistance Program (EAP) services**
 - Help **Federal agencies develop and maintain** a high functioning and productive workforce
- **Licensed counselors** are available to help with difficult personal issues which can affect your home life and work
 - Assistance with a **wide range of concerns** – relationships, legal, financial, family, substance abuse, children, and more
 - **THERE ARE NO ON-SITE COUNSELORS**
- Employees are authorized administrative leave



EAP ACCESS

■ Telephone Access

- To make a *confidential EAP appointment* with a licensed counselor call [1-800-222-0364](tel:1-800-222-0364) (or 888-262-7848 if you are hearing-impaired). Call anytime –available 24/7. You will be offered assistance or given an appointment to meet with a counselor.
- When contacting the EAP please use [Defense Health Agency - National Capital Region Medical Directorate \(NCR MD\)](#) to identify your agency.

■ Online Access Information and Resources

- Go to www.FOH4You.com
- <https://www.wrnmmc.intranet.capmed.mil>



NCR-MD EMPLOYEE ASSISTANCE LIAISONS (EAPLs)

- **Ms. Lisa Wilson – Ph (301) 319-8510**
 - National Capital Region Medical Directorate (NCR-MD)
- **CDR Jason Darby – Ph (301) 295-8702**
 - Walter Reed National Military Medical Center (WRNMMC)
 - National Intrepid Center of Excellence (NICoE)
- **Ms. Diane Claiborne Ph (571) 231-2820**
 - Fort Belvoir Community Hospital (FBCH)
- **Mr. Ricky Giles – Ph (301) 400-1055**
 - The Joint Pathology Center (JPC)
- **Dr. Teresa Ross - (703) 692-8917**
 - DiLorenzo TriCare Health Clinic