

## DHSTogether

### Resource Guide Department of Homeland Security Federal Emergency Management Agency

#### Employee Assistance Program (EAP)

For PFT (Permanent Full Time), CORE (Cadre of Response), and Reservist (Disaster Assistance Employee and Local Hire) Employees:

**Toll-free number: 1-800-222-0364 or 1- 888-262-7848 (TTY) Website:**  
[www.FOH4you.com](http://www.FOH4you.com)

Your EAP offers six **confidential** counseling sessions (per issue) free of charge to you and any family members living in your home. Issues addressed by the EAP can range from financial, legal, job concerns, relationship (marital or parental help with a special child), emotional, alcohol and family that are affecting your ability to work. The EAP Counselor will either address your concerns during counseling sessions, or they will refer you on to appropriate resources in your community.

**For managers:** Your EAP is an ally in fostering a high-performance organization by providing:

- Coaching: how to refer employees to EAP, have difficult performance conversations, handle difficult employees, be a better manager
- Counseling: a referral to help you manage your own stress and life challenges.

For FEMA Employees Working at Disaster Sites:

On-site stress counseling services, when funded by disaster management, are available to any Federalized responder while working under FEMA operational control at disaster sites. The services are activated through collaboration between the Federal Coordinating Officer, FEMA Safety Officer, FEMA Occupational Safety, Health and Environment Division, and Federal Occupational Health (FOH).

Disaster on-site EAP services include:

- Brief stress counseling
- Critical incident stress debriefings
- Stress lectures, stress labs
- Management consultations

These services are NOT designed to provide assistance for more serious mental health concerns. In the event of a mental health emergency employees are encouraged to contact the on-site FOH EAP representative, *if available*, or contact the EAP directly for assistance in identifying helpful resources and/or to stabilize the situation.

## **National Suicide Hotline**

If you believe that you or anyone you work with is at risk for suicide, please contact the national suicide hotline for assistance.

**1-800-273-TALK (8255); 1-800-799-4889**  
**(TTY) Red Nacional de Prevención del**  
**Suicidio: 1-888-628-9454**

For further information on this hotline visit the website:

<http://www.suicidepreventionlifeline.org>

**If you believe that you or anyone you work with is at IMMEDIATE risk please call emergency services (911).**