Anxiety, Phobias, Panic Attacks

Tense or anxious?

The Anxiety, Phobias, Panic Attacks module is an online program that is proven to help reduce anxiety, panic, and phobia in short, easy sessions.

Learn skills and techniques to overcome fears and break the harmful cycle of destructive thoughts and behavior.

Feeling better, being better

- Proven, medication-free option

- Simple, easy-to-follow instructions

- Access anytime, anywhere and at your own pace

- Private and confidential

Research proves you can:

- Learn new skills to help feel better

- Gain knowledge to prevent setbacks

- Experience improvement — over 60% of people felt a reduction in fear and panic

Available to you at no cost.
Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

**USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust** | EAP

800-327-4968
(800-EAP-4-YOU) TTY: 877-492-7341
www.EAP4YOU.com