

EAP resources update



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The national service provider for our Employee Assistant Program (EAP) services, Lucet, notified the NALC of its overhaul of the services available through its online portal.

Go to EAP4YOU.com, and on the main page you will find links to getting help now, resources available, explaining how EAP works, how to get care anytime, and a listing of whole health resources with emphasis on the following:

Workplace resources, which identifies the following common workplace concerns:

- Managing stress, burnout or workload pressures.
- Navigating conflict with co-workers or supervisors.
- Adapting to change or uncertainty at work.
- Balancing work responsibilities and personal life.
- Improving communication, focus or performance.

Caregiving support. Caregiving can impact your well-being. EAP professionals can help with:

- One-on-one counseling and emotional support.
- Managing stress, burnout and fatigue.
- Coping with grief, loss or major life changes.
- Balancing caregiving, work and personal responsibilities.

Suicide prevention. Recognizing warning signs:

- Talking about feeling hopeless or having no purpose.
- Expressing feeling trapped or in unbearable emotional pain.
- Withdrawing from friends, family or co-workers.
- Increased use of alcohol or substances.
- Extreme mood changes or noticeable shifts in behavior.

In addition to the above, the suicide prevention resources have a section titled “Understanding suicide risk,” which is described as follows:

Understanding how you’re feeling is an important first step toward getting support. If you’re unsure how to assess your risk, tools like the Columbia-Suicide Severity Rating Scale (C-SSRS) can help identify warning signs and guide next steps. Taking a moment to reflect can help you better understand your situation and connect with the support you deserve.

If you click on “Take the assessment,” it will download the assessment, which asks you a few questions.

Just below the assessment, you will find a link titled, “View Columbia resources,” which takes you to <https://cssrs.columbia.edu> and contains a link and QR code (at right)

to download the app to your smartphone. Open it and check out how it works, including the identification of suicide prevention resources in your area.

The last item on the whole health resources page is “Military life,” which contains information to support service members and their family, such as how deployment and military life can impact:

- Emotional well-being, including stress, anxiety or adjustment challenges.
- Family dynamics and relationships during and after deployment.
- Transitions between military and civilian life.
- Work-life balance and managing changing responsibilities.

In addition to the above, the service provider has been working to make the information easier to find. The new site includes a simple search engine if you want to get to your intended subject more quickly.

For example, typing in “children” provides “Understanding challenges unique to children emotionally,” “Nurturing emotional well-being in children,” and a series of tests you can take in self-assessment.

All of the above is waiting for you to explore. Whether the need is for counseling or coaching or to better understand what you (or your friends and family) are going through, please explore the resources we have available.

EAP services are available to current employees and their families (living under the same roof). The District Advisory Committee is tasked with promoting EAP and the services available. If your office is not receiving any information about EAP, check with your branch leadership and, if necessary, contact your national business agent.

