

EAP Coaching for Military Members and Veterans



The USPS Employee Assistance Program recognizes that providing support to military members and veterans requires sensitivity, expertise, and a deep understanding of the unique challenges they face. EAP coaches are dedicated to addressing the needs and concerns of service members and their families, offering guidance tailored to their experiences.

Ways in which EAP coaches may support military members and veterans:

- **Transition Support:** Many veterans face significant challenges when transitioning from military to civilian life. Coaches can help navigate this transition by assisting with career planning, translating military skills to civilian roles, and addressing any emotional or psychological adjustments.
- **PTSD and Mental Health Support:** Post-traumatic stress disorder (PTSD) and other mental health issues are common among military members and veterans. Coaches are trained to recognize these challenges and prepared to provide resources or referrals for specialized mental health support when needed.
- **Career Development:** EAP coaching can focus on career development strategies, such as resume building, interview preparation, and networking skills tailored to the civilian job market.
- **Family and Relationship Issues:** Military service can impact family dynamics and relationships. Coaches offer support in managing these challenges and maintaining healthy relationships.
- **Stress Management and Resilience Building:** Military life can be stressful. Coaching can help individuals develop coping strategies, build resilience, and effectively manage stress.
- **Access to Resources:** Coaches are knowledgeable about available resources for military members and veterans, including VA benefits, community organizations, and support groups.
- **Continuous Learning and Collaboration:** Coaches stay informed about developments in military policy, mental health research, and best practices in coaching for veterans. Collaboration with other professionals, such as psychologists, counselors, and VA service providers, can enhance the support offered.

The EAP is here to support military members, veterans, and their families in addressing challenges, enhancing resilience, and promoting overall well-being. Reach out for assistance, wellness tools and resources designed to help USPS employees live healthier.