

# Introducing Web-Based Care

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



An evolving workforce and evolving needs bring about an evolving service delivery. The USPS EAP is excited to announce the addition of web-based therapy. This online therapy is accessed through [www.EAP4YOU.com](http://www.EAP4YOU.com) and allows the user to participate in 5 confidential programs: anxiety, sleep, depression, substance abuse, and obsessive compulsive disorder.

**800-327-4968**

(800-EAP-4-YOU) TTY: 877-492-7341

[www.EAP4YOU.com](http://www.EAP4YOU.com)

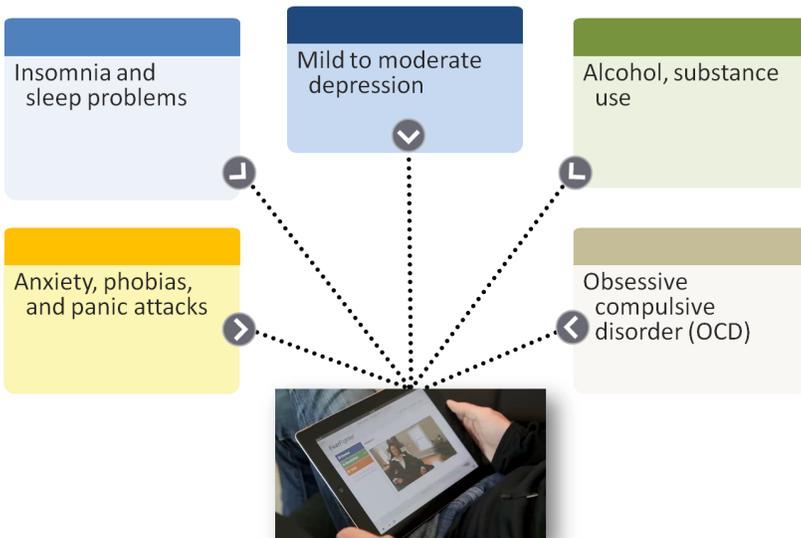


Because the programs are web-based, you are able to access the care at your convenience, in the privacy of your own home (or wherever you choose), and you can progress at your own pace. Each of the five programs follow a general format that includes:

- Introductions
  - Overview
  - Review of expectations
  - Initial screening
- First Session
  - Understanding the problem and the program's approach
  - Vocabulary review
  - Setting goals/interactive review
- Additional Sessions
  - Total number varies depending on the program
  - Brief review of prior session
  - Continued therapy and working sessions/homework



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



These programs provide you with interactive, self-management tools to change behaviors and sustain healthier outcomes. The short-term, goal-oriented approach teaches problem-solving and analytical skills to help identify and eliminate unhelpful thinking and behaviors.

You are able to use these online programs independently or in conjunction with seeing an EAP professional face-to-face. You can call the EAP's 800# or visit the website at [www.EAP4YOU.com](http://www.EAP4YOU.com) and check out the programs under the "Benefits" tab.

Employees who use this service must do so on their own time.