

QUICK REFERENCE GUIDE

for Web-Based Therapy Services through the EAP

EAP-4-YOU.com

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust

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

ENTER THE EMPLOYEE ASSISTANCE PROGRAM >>>
Enter
Click here to begin

Magellan HEALTHCARE

Step 1:

Log onto www.EAP4YOU.com and click on the “Enter” button to enter the site.



Step 2:

Next, you can either click on the “Benefits” tab and then “Web-Based Care” or you can click on the “Get Web-Based Care” on the picture carousel.

Under main menu “Benefits” tab

Or on the picture carousel

Get Web-Based Care

REGISTRATION & SIGN IN | Register toll-free number

To access this site, you can register or enter as a guest. Both methods are confidential. We protect any information you enter below. Please see our [privacy policy](#) for details.

Fields marked with an asterisk * are required for registration.

Create User Name: *

Create Password: *

Re-type Password: *

Email Address: *

Your Gender:
 Male Female

Date of Birth:
MM/DD/YYYY

Why Register?

- Easier and faster access on future visits.
- Full, customized access to our site based on your user name.
- Save programs and receive feedback when available.

More Information

Although registration is not required to access this site, it is required for some customization, saving programs and accessing select online tools.

If you choose not to register at this time, you will not be able to save programs.

Step 3:

Enter the requested information in order to register and sign in to the site. After you register, you will have a user name and password. This is how the system tracks your progress and allows you to come back and finish modules.

WEB-BASED CONFIDENTIAL CARE

Proven solutions you can use at any time, day or night.

Using our interactive online cognitive behavioral therapy programs, a clinical technique that has long been used to help people better understand the thoughts and feelings that lead to potentially problematic behaviors, you can find the support you need in a way that is convenient and confidential.

These programs provide a choice, when appropriate, to accessing support. You may be more comfortable moving through the programs in a self-guided, self-paced way. Or, you can work with your care provider to use them before, along side or after working face-to-face with your care provider.

Anytime, Anywhere

The programs can be accessed any time, day or night from anywhere with internet access.

Feeling Better, Being Better

Online cognitive behavioral therapy programs use clinical techniques that have been proven to help individuals attain new skills that enhance resilience and recovery for the long run.

Feeling Depression? A 4-week program for mild to moderate depression that helps you identify signs and symptoms of depression, challenge negative thoughts, manage fatigue and schedule pleasant activities.

Struggling with Substance Use? A 6-week program for individuals suffering from alcohol, substance use and depression that helps by promoting long-lasting, self-based changes in behavior and thinking.

Dealing with Anxiety? A 9-step program for anxiety, panic and phobias. The program provides explanations of the body's reaction to anxiety, and personal examples of individuals on the road to recovery.

Struggling to Sleep? A 6-week program for sleep problems and insomnia. The program provides videos on how to get a better night's sleep, as well as tools to measure sleep time and improve sleep.

Struggling with Obsessive Compulsive Disorder (OCD)? A 9-session program for obsessive compulsive disorder. The program provides interactive videos and user success stories that make the exercises easy to follow.

Quick links to all 5 modules

Step 4:

Once you have registered, you will be able to see the links for all 5 modules.

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If you would like to learn more about using the web-based therapy offered through the EAP, call today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers. Employees who use this service must do so on their own time.