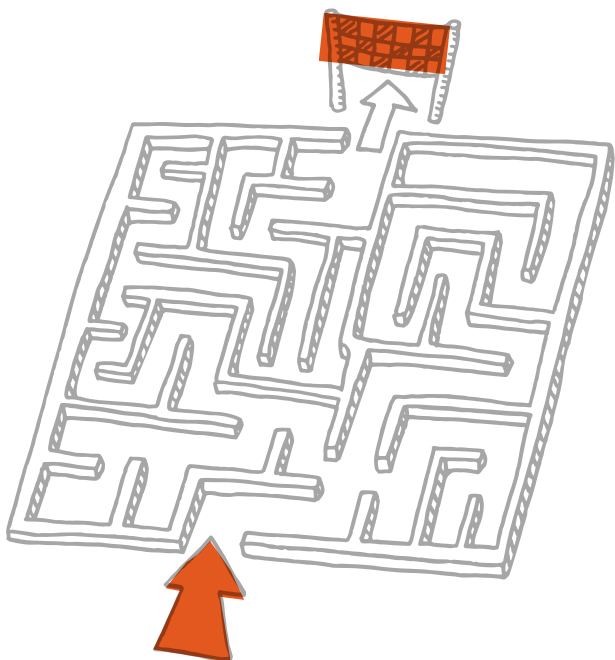# REMARKABLE RESOURCES
TO HELP YOU IN WORK AND IN LIFE.

We're all human.

The U.S. Environmental Protection Agency cares about every employee's whole health. That's why we've partnered with Espyr, a large and highly-innovative company with a proven track record of helping people and agencies like ours for decades now. They offer confidential and professional services conveniently located near your work and home.

U.S. ENVIRONMENTAL PROTECTION AGENCY
EMPLOYEE ASSISTANCE PROGRAM

HOW DO YOU CONTACT ESPYR?

It's easy. Just call 888-635-3202 anytime, 24/7. You can also confidentially request support at espyr.com.

ESPYR
IMAGINE. ACHIEVE. CONQUER.

espyr.com | 888-635-3202
TTY: 800-316-9993

Website & Mobile App Password: USEPA
http://intranet.epa.gov/ohr/benefits/eap/index.htm

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM (EAP)?

The EAP is professional help when you need it to solve a work or personal problem. It's trained, knowledgeable resources to provide advice for the many life issues we all face. Espyr has customized an assistance program offering professional counseling and consultation for our employees and their families. All these resources are confidential —and free.

Espyr offers assessment, counseling and referral services for a wide range of issues. Their professionals will help you to identify and clarify your concerns, explore options and develop a plan of action to create solutions that work for you. If additional assistance is needed, you will be referred to the most appropriate and affordable resources.

WHO PROVIDES THESE SERVICES?

Espyr is a company with a mission to help people and organizations maximize their potential. Espyr employs a network of over 45,000 licensed and certified counselors, in a variety of disciplines -

> Attorneys
> Financial Advisors
> Eldercare Specialists
> Childcare Specialists
> Professional Counselors
> Clinical Social Workers
> Alcohol and Drug Counselors
> Marriage and Family Therapists
> Psychologists

Espyr also offers extensive online resources to help with all kinds of common life challenges. You can find expert advice on a wide range of topics, gather information, find new resources and take valuable self-screenings.

Visit espyr.com anytime to learn more.

DOWNLOAD THE ESPYR APP App Store Google play

WEBSITE & MOBILE APP PASSWORD: USEPA

WHAT SORT OF HELP ARE WE TALKING ABOUT?

Espyr is an invaluable resource for personal life issues where you may need professional advice or guidance -

> **Legal Advice and Services**
> **Free, Simple Wills**
> **Financial Counseling**
> **Childcare Resources and Referrals**
> **Eldercare Consultation, Resources and Referrals**
> **Online Legal and Financial Resources**
> **Academic Resources** for your children (or you) on a variety of educational issues
> **Adoption Resources** needed to facilitate an adoption
> **ID Theft Recovery**
> **Pet Care Services and Referrals**
> **Relocation Resources**
> **Concierge Services**

Plus, here's a range of the issues experienced counselors are available to help you with:
> **Stress**
> **Life Transitions**
> **Crisis Situations**
> **Family, Marital or Relationship Problems**
> **Substance Use Concerns**
> **Work Related Difficulties**
> **Emotional Concerns**
> **Medical Problems**

IS COUNSELING REALLY CONFIDENTIAL?

Yes. Counseling sessions are completely confidential, within the bounds of the law. Your counselor will be glad to discuss confidentiality issues with you.

WHAT DOES THIS COST ME?

Nothing. We have arranged for these services through Espyr free of charge for you and any dependent family members. If a counselor should refer you to an outside specialist for services beyond the EAP's coverage you will be responsible for the cost of those services. Your counselor will assist you in finding providers that are most affordable or covered by insurance.

CAN SUPERVISORS REFER EMPLOYEES TO THE EAP?

Occasionally, a supervisor may recommend that an employee contact the EAP when there is a work performance problem. Everything discussed between the counselor and employee is strictly confidential, unless the employee gives written consent otherwise.