

## Introducing Your EAP For Federal Technicians!

In today's society, employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other concerns, which can have an effect on your overall quality of life. To address these concerns, we have partnered with Federal Occupational Health (FOH), to provide you with a wide range of Employee Assistance Program (EAP) services at no cost to you.

With just a phone call or a keystroke, you can access your services on the Internet and via a professionally staffed call center.

EAP services are convenient and confidential. Licensed counselors are available to help with difficult personal issues that include, but are not limited to emotional, alcohol and drug-related, family and relationship, financial, and legal problems.

These are just some of the services that are available to you:

### EAP Services

Access to licensed counselors who provide in-person, one-on-one short term counseling.

### Sample Topic Areas

- Crisis Management
- Addictions
- Relationship Issues
- Legal Concerns
- Financial Issues

### EAP Website: FOH4you.com

- EAP Information & Services
- Self-Assessment Tools
- Mental Health Articles
- Prevention Information
- Child & Elder Care search tool
- On-Line presentations

### Telephone Access:

To make a confidential EAP appointment with a licensed EAP counselor call **1 800 222 0364** (or 888 262 7848 if you are hearing-impaired), call anytime, all day, all week, all year. You will be offered assistance or given an appointment to meet with a counselor. Meetings with your counselor are absolutely confidential within the guidelines of the law. When contacting the EAP please use **Washington National Guard technician** to identify your agency/workplace.

## ***FOH4You.com: Your EAP Website***

Federal Occupational Health in partnership with Magellan Behavioral Health is committed to helping individuals improve their well-being. One of the ways in which we reach out to our Employee Assistance Program (EAP) customers is through *FOH4you.com*, our EAP Website. The site offers a self-help approach to employees wanting to learn more about the EAP and other related services. Employees have a wealth of information at their fingertips.

### **Visit FOH4you.com for:**

- Information, educational materials and self-help strategies to help you live healthy and work well
- Specific information about your EAP services
- Help in preparing for your session with a counselor
- Self-assessments on key behavioral health topics, including depression and alcohol abuse
- Access to a wide variety of information and resources

To enter the *FOH4You* site:

1. Type the web address [www.FOH4you.com](http://www.FOH4you.com) into your browser.
2. Click on the “**Enter**” button.

Users will find a variety of information by selecting a topic tab from the top of the main page (MyFOH4You), “*Providers/Caregivers*”, “*Benefits*”, “*Library&Resources*”, “*Member Services*”, and “*Care Guide*”.

### **To access On-line presentations:**

Form the **Resources** section on the FOH4You homepage; select the presentation you would like to view. **Select option “watch video”** (for some presentations); then select your agency from the pull down menu.

*Note: Each online version is available through Media Player in high resolution and medium resolution, which will accommodate most computers and computer access modes. If your system will accommodate it, the high resolution version offers optimal viewing.*

### **To access the Legal and Financial site**

\*\* From the “My FOH4You” welcome page- “**Benefits/Services**” section, select the link “**Legal and Financial Consultation**”

*Take advantage of services available to you...Visit the EAP Website today, FOH4you.com.*

**Employee Assistance**  
**800 222 0364 or 888 262 7848 TTY**