

Federal Employee Assistance & Support

While change is one of life's constants, it is important to seek support to positively move through transitions. During these times, a person's outlook is of utmost import so it can be helpful to:

- **Take Your Time.** The outer forms of our lives can change in an instant, but the inner reorientation that brings us back into a vital relation to people and activity takes time. Your commitments, either to the old situation that you haven't yet left or the new situation that you haven't yet invested yourself in, are going to be somewhat provisional. Don't rush the process. Figure out what is changing.
- **Recognize Why You Are Uncomfortable.** Distress is not a sign that something has gone wrong, but that something is changing.
- **Arrange Temporary Structures.** You will need to work out ways to move forward on while the inner reorientation is taking place. This may mean resolving to accept a given situation as temporary.
- **Don't Act for the Sake of Action.** The temporary situation is frustrating and there is likely to be a temptation to "do something - anything." The transition process requires not only that we bring a chapter of our lives to conclusion, but that we discover whatever we need to learn for the next step we are going to take.
- **Take Care of Yourself in Little Ways.** Be sensitive to your smallest needs and don't force more change on yourself as though it were medicine. Hold on to some comfortable routines like favorite foods or a favorite running path.
- **Talk to Someone.** Whether you choose a professional counselor, clergy, or just a good friend, you will need someone to talk to when you are going through an important transition. What you primarily need is not advice, although that may occasionally be useful, but rather to put into words your dilemmas and your feelings so that you can fully understand what is going on.
- **Engage in Structured Physical Activity.** Joining a sports team or regular participation in sports, yoga, or an exercise program can also provide a way to develop contacts with people who share your interests. Plus, your health and mood will benefit from the physical exercise.
- **Volunteer.** Whether once a week, once a month, or just occasionally, volunteering for a charity project helps you focus outside yourself and your stress. You will also meet others who share your desire to help out.
- **Join a Club, Professional Association, or Other Organization.** If the idea of a formal structure appeals to you, you can join a book club, religious organization, political club, or any other organized group that shares the same interests or passions that you have.

The Federal Occupational Health (FOH) helps maintain the health and wellness of U.S. government employees. It is a service unit within the U. S. Department of Health and Human Services program's support center and a component of the U.S. Public Health Service. FOH Employee Assistance Program at [FOH4YOU](#) contains specific information on its services and self-help tools. Once you click “Enter” to access the HHS FOH EAP website, the category features are laid out for easy access.

The website’s Library includes Self Assessments, Tools & Calculators, Medication, and Community Resources to help employees find the most applicable, helpful information and support for individual situations. Among the fifteen Health Center categories is Coping with Stress and Anxiety, which includes supportive information and a list of articles like the rest of the categories.

Live EAP support can be reached by contacting the 24-hour call center at 1-800-222-0364. As these services are only for government employees, they will confirm your eligibility. The Employee Assistance Program can provide free, short-term, confidential counseling on a variety of issues including financial concerns.

Federal Employee Education & Assistance (FEEA) information can be accessed at [Welcome - Federal Employee Education & Assistance Fund](#) or by calling 202-554-0007. FEEA’s Emergency Assistance Program provides confidential grants and no-interest loans to Federal employees facing unexpected financial hardships.

The [Aglearn](#) website offers many courses including several listed under the catalog’s Personal Financial Education. From the Aglearn website, employees can also access its Books 24x7 which opens like a regular course. Books 24x7 contains entire books on an array of topics, holds live events with authors, and facilitates discussion with other users.

In addition to these websites and call center services, employees can obtain information and assistance from their agency’s EAP coordinator at [EAP Contact Roster](#).

Specific EAP services are available, and employees assigned to the following should contact:

- AMS-FMMA Appalachian Office: ComPsych at (888) 290-4327 or online at [GuidanceResources](#).
- Forest Service: Additional [Forest Service Wellbeing Support information](#), Acentra Health at (833) 621-2989 or online at [FS EAP](#) (Login: usfs; Mobile App: Acentra Connect)
- FPAC (Business Center, FSA, NRCS, RMA): Acentra Health at (866) 869-0276 or online at [Care.Espyr](#) (PW: usdafpac). Go to the [FPAC Agency OneUSDA Intranet](#) for more information on FPAC EAP services.
- OCIO: Acentra Health at (833) 621-2992 or online at [Care.Espyr](#) (PW/Company ID: OCIOEAP).