



Forest Service
U.S. DEPARTMENT OF AGRICULTURE

EMPLOYEE ASSISTANCE PROGRAM

FREE, CONFIDENTIAL, 24/7 SUPPORT FOR PERSONAL AND WORK-RELATED ISSUES

The Forest Service's Employee Assistance Program (EAP) provides options that connect employees with a range of support services. Forest Service employee support specialists are available to guide you through resources that support your health and well-being.

Support services include:

- **Systems support** including Employee Assistance Plan overview and navigation support
- **Management consultation** including resources and guidance for supporting your team in their health and wellbeing
- **Health and well-being resources** such as recorded sessions, recommended resources, and hands-on tools

For navigational support tailored to your needs, contact a Forest Service employee support specialist or access the following services directly through the agency's vendor partner, Federal Occupational Health (FOH).

- **Short-term counseling** for stress, marital and family problems, work/life challenges, emotional issues, and other concerns (telephone, video, and in-person options available)
- **Financial services** for budgeting and financial planning, homebuying, debt consolidation, saving and investment strategies, and retirement planning
- **Legal services** for estate planning, identity theft, criminal matters, and family law
- **Work/life resources** including childcare and elder care, nutrition, parenting support, pet care, and career development

FOREST SERVICE CONTACTS



[SharePoint Hub](#)



SM.FS.EmployeeSupp@usda.gov



(202) 205-1284

FOH CONTACTS



(800) 222-0364



www.WorkLife4You.com
(registration code: USDAFS)



www.FOH4You.com

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