

USDA Farm Production & Conservation Business Center

Employee Assistance Program (EAP)

USDA FPAC has partnered with Espyr® to provide employees and eligible family members with a comprehensive EAP, including all the services described below.

Health Coaching 6 telephonic sessions with a certified health coach who will help you set and achieve goals to improve your health and wellness.

Life Coaching 6 telephonic sessions with a coach to help you develop skills, maximize strengths, and overcome barriers to reaching your full potential.

Mindfulness Based Stress Reduction Training 6 virtual one-on-one sessions to develop calming and focusing strategies and to learn and practice mindfulness in everyday life.

Counseling Support for stress, marital and family problems, job related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- TalkNow® provides immediate access to counselors for in-the-moment support, and guidance.
- Up to **6** EAP sessions for assessment, short-term counseling, and referral.
- Telephonic, video, and in-person options available.

Legal assistance for issues such as divorce, family law, wills, adoption, and more. Identity Theft Recovery and mediation services are also available. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP.

Financial consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.

Work-Life specialists provide consultation, information, resources, and verified referrals for most all personal and family needs such as:

- Childcare and Eldercare
- Adoption
- Academic
- Health and Wellness
- Pet Care
- Relocation
- Concierge

Working with the EAP can help you navigate life's challenges with professional guidance when personal or work-related problems become difficult to manage, affect your job performance or quality of life.

The **EAP** is a free and confidential resource available 24/7.

Call or Text: (866) 869-0276

Chat: chat live with Espyr online or through the Espyr Connect mobile app to ask a question, request services, or receive immediate counseling support.

Online: care.espyr.com

App: Download Espyr Connect from Apple Store or Google Play

Available on the App Store

ANDROID APP ON Google play

Organization ID: usdafpac

Access your services and on-demand resources such as monthly webinars, screenings, assessments, videos, quizzes, courses, articles, legal library, financial calculators, and more in Espyr Connects!

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