

Are you feeling stressed or having difficulty managing your thoughts and emotions?

We encourage you to use the Employee Assistance Program (EAP).

Last year brought us many life altering challenges. You don't have to "suck it up" and deal with these challenges alone. EAP is here to help you.

EAP is a free confidential service for DoD Civilians, Retirees and Family Members.

Call 270.412.0079 for additional information.