



Your life's journey—made easier

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers a variety of services, resources and tools to help make your life a little easier.

Key Features

- Provided at no cost to you and your household members
- Includes up to 6 counseling sessions
- Completely confidential service provided by a third party

Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

Wellbeing Coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video for up to six individual, confidential sessions per year.

Online Programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, chronic pain, substance misuse or an obsessive compulsive disorder. The programs are easily accessible and proven effective.

Financial Wellbeing, Legal Services and Identity Theft Resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

Senior Care Management

Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.

Work-Life Services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.

Member Website

The member website makes it easy for you to explore services, find providers, learn more about emotional health and wellness topics, see what mobile apps are available and more.



Scan the QR code to visit your Air Force EAP member website, www.resilience.af.mil/Workforce-Resource, or call 1-866-580-9078 (TTY 711) to get started.



ELIGIBILITY

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Are You Eligible for Free EAP Services? Simply check off your applicable status to confirm your eligibility for your free Employee Assistance Program:

- Civilian Employee**
Regular APF and NAF civilian employee, working either within or outside of the US.
- Civilian Part-time Employee**
Regular APF and NAF civilian part-time employee, working either within or outside of the US.
- Disabled Civilian Employee**
Currently on long-term or short-term disability.
- Retired Civilian Employee**
Within 6 months post-retirement.
- Civilian Paid Intern**
Meeting minimum qualifying hours and receiving a paycheck from an eligible agency.
- Civilian Air National Guard Employee**
- Civilian Army Employee at Air Force Led Installation**
Joint Base Langley-Ft Eustis, VA; Joint Base San Antonio, TX (which includes Lackland, Randolph, Kelly, Camp Bullis, Camp Stanley, and Ft. Sam Houston); Joint Base Charleston, SC; Joint Base McGuire-Dix, NJ; Joint Base Lewis-McChord, WA; and Joint Base Andrews, MD.
- Spouse of Civilian Employee**
- Domestic Partner of Civilian Employee**
- Child of Civilian Employee**
Dependant of civilian employee.
- Student of Civilian Employee**
No longer a dependent but household member and/or studying and living away from household.
- Household Member**
Residing in the household of a civilian employee.

Confirm your status and access a wide range of EAP services designed to support your wellbeing. Get started with EAP today by calling 866-580-9078 or visit www.resilience.af.mil/workforce-resource to access your free services and support.





Work-Life Services

From treasured moments to major milestones to tricky transitions, Work-Life Services helps you live life smarter and gives you insight and inspiration for the journey. Specialists are at the ready to provide you with expert guidance, information and personalized referrals to service providers in your area.

✓ **Adult Care & Aging**

- Care options and living arrangements
- Senior services
- Grief and bereavement
- Community programs

✓ **Child Care & Parenting**

- Parenting infants
- Managing work and family
- Child care
- Child health and safety

✓ **Daily Living**

- Home improvement
- Emergency preparedness
- Cleaning services
- Travel and entertainment

✓ **Education**

- Financial aid and scholarships
- Continuing education
- Tutoring
- Gifted and talented children

✓ **Moving**

- Referrals to movers and real estate services
- Neighborhood profiles
- Houses of worship
- Recent home sales

✓ **Pet Ownership**

- Local veterinarians
- Pet sitters and walkers
- Pet supplies and insurance
- Pet-friendly locations and activities

✓ **Pregnancy & Adoption**

- Prenatal care
- Labor and delivery
- Formula feeding
- Parenting adopted children

✓ **Relationships**

- Wedding planning
- Marriage laws and licenses
- Healthy marriage tips
- Separation and divorce support

✓ **Special Needs**

- Doctor visit preparation
- Respite care
- Treatment
- Emotional support

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