

DHS Together
Resource Guide
Department of Homeland Security
Office of Inspector General (OIG)

Employee Assistance Program

Toll-free number: 800-222-0364

Website: <http://www.foh.dhhs.gov/services/EAP/EAP.asp>
<http://www.FOH4you.com>

The OIG Employee Assistance Program (EAP) provides services designed to help employees, managers, and organizations meet life challenges and remain healthy, engaged, and productive.

For employees: Your EAP offers short-term **confidential** counseling and referral for issues that are affecting your ability to work. The EAP will either address your concerns during counseling sessions, or they will refer you on to appropriate community resources, counselors, and other supports. Issues addressed by the EAP include:

- Life changes – divorce, new job, new baby, aging parents, grief and loss, retirement
- Life challenges – drug and alcohol abuse, depression, eating disorders, mental illness
- Job stress and burnout
- Coping with difficult situations or difficult people
- Work, family, personal matters, legal or financial issues

For managers: Your EAP is an ally in fostering a high-performance organization by providing:

- Coaching – how to refer employees to EAP, have difficult performance conversations, handle difficult employees, be a better manager
- Counseling and referral to help you manage your own stress and life challenges

Health and Wellness

Many of our facilities offer free or discounted memberships to fitness facilities. Physical fitness is strongly encouraged at OIG, not only because of our critical law enforcement mission, but also because of the many benefits of exercise and fitness such as reduced stress.

National Suicide Hotline

If you believe that you or anyone you work with is at risk for suicide, please contact the national suicide hotline for assistance.

1-800-273-TALK (8255) 1-800-799-4889 (TTY) Red Nacional de Prevención del Suicidio: 1-888-628-9454

For further information on this hotline visit the website: <http://www.suicidepreventionlifeline.org>

If you believe that you or anyone you work with is at IMMEDIATE risk please call emergency services (911).