



Your life's journey— made easier

Don't miss out on the wide range of no cost, confidential services available to you and your household members 24/7/365.

- Lifestyle coaching that helps you achieve short-term goals
- Counseling for anxiety, depression, grief, relationships and more
- Financial wellness, legal and ID theft resolution services
- Digital emotional wellbeing program to reduce stress, manage chronic pain and build resilience
- Member website with articles, webinars, videos and an employee discount center

Air Force EAP

1-866-580-9078 (TTY 711)

www.AFPC.AF.MIL/EAP



**EMPLOYEE
ASSISTANCE
PROGRAM**

FOR CIVILIAN EMPLOYEES
AND THEIR FAMILIES