

DAF EAP BENEFITS



The Department of Air Force Employee Assistance Program (EAP) is **free, voluntary, and confidential**, connecting you with expert guidance to help you stay focused, resilient, and mission ready. EAP is available 24/7 to support you and all your household members.

Eligibility

Civilian Employees (APF and NAF employees), Retired Civilian Employees ((6) Six months post-retirement), Air Force Reserve Civilians, Air National Guard Civilians, All Household Members

COUNSELING

- ▶ Access a nation-wide network of licensed counselors to address various concerns including but not limited to relationships, stress management, and work-related concerns.

Includes six (6) counseling sessions per issue, either in-person, by telephone, virtual or chat.

WORK-LIFE SERVICES

- ▶ Find local resources in your community for childcare, eldercare, education, moving, home, auto services, and more.

Unlimited access. Call as often as you like.

FINANCIAL SERVICES

- ▶ Connect with advisors for financial stability, including debt consolidation and retirement planning.

Includes three (3) 30-minute telephone assessments per topic.

LEGAL SERVICES

- ▶ Obtain guidance to address various legal issues promptly and effectively.

Includes one (1) 30-minute assessment per issue, on the phone or in-person. Discounts available for services beyond initial 30-minute assessment. Also includes one (1) 30-minute assessment with a mediator.

SUPERVISOR RESOURCES

- ▶ Receive support for team dynamics, conflict resolution, critical incident, performance management, workplace communication, and more.

Unlimited access. Call as often as you like.



**AVAILABLE 24 HOURS A DAY
7 DAYS A WEEK
365 DAYS A YEAR**

www.resilience.af.mil/Workforce-Resource

Toll free: 866-580-9078

Intl collect call: 314-387-4700