

WHS Civilian Employee Assistance Program (CEAP) services are suspended until further notice.

WHS is actively exploring other Employee Assistance Program service options and will advise once services are restored.

Alternative Resources:

- For urgent medical needs please call 911 or go to your nearest emergency room

-Employees should consider contacting their Federal Employee Health Benefit insurance providers to determine coverage eligibility for counseling and other mental health services

-The Substance Abuse Mental Health Services Administration (SAMHSA) National Help Line at 1-800-662-HELP (4357) SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders see [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

-National Suicide Prevention Lifeline. Call the Lifeline Anytime, 24/7 1-800-273-8255 To learn more visit: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

Respectfully,

Washington Headquarters Services  
Human Resources Directorate  
Benefits and Work-Life Division