

## NASA EAP

The Agency's Employee Assistance Program (EAP) provides confidential, no cost, short-term counseling/advice to employees and their immediate family members. Professional and licensed clinicians are available to help with challenges such as:

- Anxiety/Depression
- Suicidal Ideation, Coping Skills, and Resources
- Marital/Relationship/Family Issues
- Eldercare/Caregiving
- Work-Related Stress
- Substance/Alcohol Abuse/Addiction Solutions
- Domestic Violence Resources/Support
- Major Life Adjustments (job change, retirement, divorce, marriage, parenting)

NASA's EAP is also available to supervisors, managers, and team leads to help guide, and transmit information to, employees. Support provided includes:

- Management Consults/Referrals
- Work Team Presentations
- Grief Support/Debriefings
- Civility/Conflict Management Presentations
- Workplace Violence Awareness Presentations

To locate the EAP clinician for your Center/Facility:

Inside the NASA firewall

*[https://inside.nasa.gov/health4life/eap\\_center\\_contact\\_list](https://inside.nasa.gov/health4life/eap_center_contact_list)*

Outside the NASA firewall

*[https://www.nasa.gov/offices/ochmo/divisions/health\\_medsys/eap\\_info.html](https://www.nasa.gov/offices/ochmo/divisions/health_medsys/eap_info.html)*