Employee Assistance Program

for USAF Europe Air Force and Space Force Civilian Employees and Their Families*Including USAF GS, LNDH & NAF Employees

EMPLOYEE ASSISTANCE PROGRAM

Get started today!

Visit www.afpc.af.mil/eap

OCONUS – Use code USAirForce

Call 1-866-580-9078

24/7

Collect 314-387-4800

Programs

- **Work-Life Services** – referrals to service providers for child and adult care, education, home improvement, etc., and access to discounts on consumer products and services
- **Counseling** – meet with a licensed professional for non-clinical support with stress, anxiety, grief, substance misuse and more
- **Legal assistance and financial coaching** – expert consultation and online resource library
- **Online training and self-care programs** – improve your health and overall emotional well-being
- **Manager support** – consult with experts on workplace topics
- ***EAP services are provided at no cost to employee or supervisor***



Your EAP Field Consultant

Jane Saffles-Granville, LCSW

safflesgranvillej@magellanfederal.com

Email her for information and for routine appointments.

Let us know how we did. Please consider taking this short survey: