

NASA EMPLOYEE ASSISTANCE PROGRAM (EAP)

What is EAP?

NASA's EAP is a free, confidential, and short-term counseling benefit available to all civil service employees and their immediate family members. NASA contractor personnel at five Centers (Armstrong, Johnson, Kennedy, Michoud, Stennis) are also eligible to utilize the Agency's EAP.

How Can EAP Help Me?

EAP features professional, licensed, and credentialed mental health clinicians. They can support employees with a variety of work-life issues, including:

- Depression/anxiety
- Alcohol/substance abuse and other addictive behaviors
- Family conflicts and communication challenges
- Work-related stress and coping strategies
- Eldercare advice and recommendations for coping
- Adapting to major life changes (e.g., retirement, empty nest syndrome, divorce, marriage)
- Domestic violence
- Anger management
- Grief counseling

For NASA supervisors/managers/leaders, EAP clinicians can provide support with issues such as:

- Improving team communication and productivity
- Incivility challenges
- Employee absenteeism and lack of engagement
- Workplace violence concerns
- Providing targeted presentations to groups on specific topics
- Recommendations to reduce stress among the workforce
- Understanding the signs and symptoms of alcohol/substance abuse and other addictive behaviors
- Grief counseling for colleagues of a deceased employee

How Do I Contact a NASA EAP Clinician for Support?

- Access the contact list from within the NASA firewall:
https://inside.nasa.gov/health4life/eap_center_contact_list
- Access the contact list from the publicly accessible internet:
https://www.nasa.gov/offices/ochmo/divisions/health_medsys/eap_info.html
- After business hours (e.g., holidays, after 5:00 pm on weekdays, weekends) for **urgent** assistance, call: 1-888-728-1404
- *Contact the NASA Office of the Chief Health and Medical Officer for questions or you are unable to reach your Center's EAP Clinician: 321-867-2423/202-302-5795.*