

Employee Assistance Program

The Employee Assistance Program (EAP) is accessible to all federal employees. EAP is no cost and covers temporary, part-, and full-time employees, as well as spouses and children up to the age of 25. Services are confidential and range from mental health (therapy sessions), legal, and financial help.

SERVICES OFFERED BY ESPYR

- **Free counseling/therapy sessions**
 - 6 sessions per issue (anxiety, depression, couples therapy, etc.)
- **Free 30 minute legal consultation**
- Access to simple wills and other common legal documents
- 25% discount on legal services from approved provider
- **Free 30 minute consultation with a financial advisor**
- 25% discount on legal fees with approved provider/CPA
- Identity theft recovery services

HOW TO ACCESS CARE

Department of Interior (DOI): 800-869-0276 care.espyr.com Login: interioreap

Forest Service: 833-621-2989 forestservicееap.com Login:usfs

Or, download the app using the QR code below:



