

## INFORMATION AND POINTS OF CONTACT

NASA's Employee Assistance Program (EAP) provides confidential, short-term, counseling assistance and referrals to employees who are dealing with issues such as depression; anxiety; family conflicts; marital /relationship concerns; eldercare/caregiving stress; substance and alcohol addiction; major life adjustments; domestic violence concerns; suicidal thoughts; and occupational stress.

During a shutdown/furlough, some NASA Center EAP providers may remain available. Their availability is determined by each Center's contract requirements, which vary across NASA. We recommend that if you or your dependents are already receiving counseling, you coordinate with your/their EAP provider to identify a plan for support in the event of a shutdown/furlough.

NASA's after-hours EAP provider Espyr will be available for urgent matters and employees/dependents may contact them 24/7/365 by calling 888-964-3032. Espyr is staffed by professional and licensed mental health counselors to temporarily support employees by phone.

To locate the EAP clinician for your Center/Facility:

Inside the NASA firewall <https://nasa.sharepoint.com/sites/health4life/SitePages/NASA-Professional-EAP-Clinicians.aspx>

Outside the NASA firewall <https://www.nasa.gov/employee-assistance-program-ochmo/>

NASA EAP SERVICES Employee EAP support is available in-person, virtually (e.g., Teams), and by telephone. Regardless of the method, counseling sessions and conversations are confidential. EAP records are maintained confidentially and separately from employee personnel and/or employee medical records.

Professional and licensed clinicians are available to help employees and their dependents with challenges such as:

- Anxiety/Depression
- Suicidal Ideation, Coping Skills, and Resources
- Marital/Relationship/Family Issues
- Eldercare/Caregiving
- Work-Related Stress
- Substance/Alcohol Abuse and Other 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 and types of topics addressed include:

- Management Coaching/Consults/Referrals

- Work Team Presentations
- Grief Support/Debriefings
- Civility/Conflict Resolution Presentations
- Workplace Violence Awareness Presentations

EAP providers are also well-versed in providing other non-counseling activities, such as:

- Center-wide lunch and learns
- Specific-topic Center support groups
- Participation/outreach in Center-wide health and safety fairs
- Assisting in large-scale (Critical Incident Stress Management) grief and loss support (e.g., mission loss, local natural/man-made disaster recovery)
- Participating in new employee orientations
- Serving as a Center's subject matter expert for a threat assessment team
- Participating in NASA's Drug-Free Workplace Program coordination for positive employee tests