

## INFORMATION AND POINTS OF CONTACT

NASA's Employee Assistance Program (EAP) provides confidential, short-term, counseling assistance and referrals for employees.

During a shutdown/furlough, some NASA Center EAP providers may remain available depending on 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 Acentra will be available for urgent matters and employees/dependents may contact them 24/7/365 by calling 888-964-3032. Acentra, formerly called Espyr, is staffed by professional and licensed mental health counselors to temporarily support employees by phone. More resources are available on their website: <https://care.espyr.com/>. Organization ID is NASA-EAP.

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.

