

DHSTogether
Resource Guide
Department of Homeland Security
Transportation Security Administration (TSA)

Employee Assistance Program

Toll-free number: (800) 222-0364

Website: www.foh4you.com

The TSA Employee Assistance Program (EAP) provides services designed to help employees, managers, and organizations meet life challenges and remain healthy, engaged, and productive.

For employees: Your EAP offers short-term **confidential** counseling and referral for issues that are affecting your ability to work. The EAP will either address your concerns during counseling sessions, or they will refer you on to appropriate community resources, counselors, and other supports. Issues addressed by the EAP include:

- Life changes – divorce, new job, new baby, aging parents, grief and loss, retirement
- Life challenges – drug and alcohol abuse, depression, eating disorders, mental illness
- Job stress and burnout
- Coping with difficult situations or difficult people

For managers: Your EAP is an ally in fostering a high-performance organization by providing:

- Coaching – how to refer employees to EAP, have difficult performance conversations, handle difficult employees, be a better manager
- Counseling and referral to help you manage your own stress and life challenges

National Suicide Hotline

If you believe that you or anyone you work with is at risk for suicide, please contact the national suicide hotline for assistance.

1-800-273-TALK (8255); 1-800-799-4889 (TTY)

Red Nacional de Prevención del Suicidio: 1-888-628-9454

For further information on this hotline visit the website: <http://www.suicidepreventionlifeline.org>

For veterans, information and emergency support regarding suicide prevention and post traumatic stress disorder can also be obtained by calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and pressing “1” to be routed to the Veterans Suicide Prevention Hotline. In addition, the Department of Veterans Affairs (VA) offers an on-line Chat Service that provides Veterans with an anonymous way to access VA’s suicide prevention services. Veterans and family members or friends can access Veterans Chat through the Lifeline suicide prevention website: <http://suicidepreventionlifeline.org/VeteransDefault.aspx>. Additional suicide prevention, information and resources can be provided at <http://www.stopasuicide.org>

If you believe that you or anyone you work with is at IMMEDIATE risk please call emergency services (911).