



WRD Work Life Resource Guide

USCIS' Commitment

Did you know employee engagement is directly linked to achievement of agency missions? USCIS cares about the health of its employees and support wellness programs and resources within the Federal workplace. The most significant factor of effective and efficient government is the employees who contribute to it daily.

The USCIS Office of Human Capital and Training, Workforce Relations Division is actively developing initiatives to promote employee wellness through effective balance of work and personal life. For questions concerning Work/Life issues, leave flexibilities, telework, and workers' compensation, please contact:

**Office of Human Capital & Training
Workforce Relations Division
633 Third Street NW
Washington, DC 20529-2072
(202) 233-2530
usicsworklife@dhs.gov**

For questions concerning safety & health, please contact:

**Office of Emergency
Management and Safety
111 Massachusetts Ave NW
Washington, DC 20529
OEMS Main Number 202-272-9180
Emergency 202-272-8800
(Command Center)
uscis-osh@dhs.gov**

In today's society, employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, work or other concerns, which can have an effect on your overall quality of life.

To address these concerns, USCIS has partnered with Federal Occupational Health (FOH), to provide you with a wide range of Employee Assistance Program (EAP) and WorkLife services at no cost to you.

Big concerns or small, when you feel like you need help or maybe you just need another point of view on a situation that's troubling you, simply call your EAP at 1-800-222-0364 or (1-888-262-7848 TTY) or visit the FOH website: www.FOH4you.com.

The Work/Life services program, WorkLife4You, is also available 24/7 to all USCIS employees and members of their household to help with daily life needs, such as dependent care. Work/Life Specialists are available to provide expert consultations, comprehensive educational materials, and prescreened, customized referrals to providers nationwide concerning child care, adult care, schools and financial aid, fitness centers, pet care, relocation assistance, home services, and much more.

To access tips and tools, including webinars, assessments, provider search features and more to help you reduce stress and better manage work and life issues. Call 1-800-222-0364 or (1-888-262-7848 TTY) or log into www.worklife4you.com.

Connect4Health

Depending on your needs, this innovative program offers six online, real-time sessions of substance education, early intervention and relapse prevention.

It is confidential, free and offered through EAP.

National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

If you are feeling desperate, alone or hopeless, call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. It's a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

- Call for yourself or someone you care about
- Free and confidential
- A network of more than 140 crisis centers nationwide
- Website: www.suicidepreventionlifeline.org/
- For Hearing and Speech Impaired with TTY Equipment: 1-800-799-4TTY (4889)
- Red Nacional de Prevención del Suicidio: 1-888-628-9454

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