

**DHS Together**  
**Resource Guide**  
**Department of Homeland Security**  
**Office of Inspector General (OIG)**

**Employee Assistance Program**

**Toll-free number: 800-222-0364**

**Website:** <http://www.foh.dhhs.gov/services/EAP/EAP.asp>

<http://www.FOH4you.com>

The OIG 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
- Work, family, personal matters, legal or financial issues

**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

**Health and Wellness**

Many of our facilities offer free or discounted memberships to fitness facilities. Physical fitness is strongly encouraged at OIG, not only because of our critical law enforcement mission, but also because of the many benefits of exercise and fitness such as reduced stress.

**Fitness Subsidy**

All permanent OIG employees, except for contractors, are eligible for a \$25 per month fitness subsidy, when funding is available and announced by our Human Resources Management Division. New employees hired on or after November 1, are eligible for reimbursement beginning the date of hire through October 31.

- Employees may participate in fitness activities during non-duty hours.
- Examples of reimbursable fitness costs include health club and community recreation center membership, yoga, Pilates, and aerobic classes.

Please e-mail all requests with supporting documentation to [Benefits@oig.dhd.gov](mailto:Benefits@oig.dhd.gov), or fax requests to (202) 254-4348, Attn: Fitness Benefits. You may contact (202) 734-3162 for additional questions.

**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>

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