

Need help? Employee Assistance Program is here for you

By Thomas Zimmerman 01 August 2018



The EAP is a voluntary and confidential employee benefit available to federal employees and their family members at no cost.

While most can name programs and services available to Soldiers and families who need help with dependence issues, mental health services or financial aid, where do civilians serving at Carlisle Barracks go for help?

The Employee Assistance Program Consultant is the answer. The EAP is a voluntary and confidential employee benefit available to federal employees and their family members at no cost. EAP is a voluntary program that offers free confidential assessments, short-term counseling, referrals, and follow-up services to eligible persons who have personal or work-related problems. EAPs address issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders.

EAP also provides orientation sessions to explain services.

For a one-on-one consultation for an employee or supervisor contact Michele Leader, EAP Field Consultant, at 717-770-7334 or via email at michele.leader.ctr@dla.mil

For 24/7 access call (1-800-222-0364) or (888-262-7848 if you are hearing impaired). You will be offered assistance or given an appointment to meet with a counselor.

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