

Employee Assistance Program

A **FREE** service for USAF Civilian Employees (GS, LNDH & NAF), their dependents and anyone who lives in the same home.

Programs

- **Work-Life Services** – referrals to service providers and discounts on child and adult care, education, home improvement, etc.
- **Counseling** – meet with a licensed professional for support with stress, anxiety, grief, substance misuse and more
- **Legal assistance and financial coaching** expert consultation and online resource library
- **Online training and self-care programs** – improve your health and overall emotional well-being
- **Manager support** – consult with experts on workplace topics
- ***EAP services are provided at no cost to employee***



**EMPLOYEE
ASSISTANCE
PROGRAM**

Get started today!

Visit www.afpc.af.mil/eap

OCONUS – Use code USAirForce
Select English (United Kingdom)

Call 1-866-580-9078

A USAFE operator can provide assistance in calling the EAP toll-free # by Dialing 01638-52-1110.



Your EAP Field Consultant

KEVIN CARRICO

RAF Lakenheath

Mon/Tues/Friday

8:00am – 4:30pm GMT

RAF Mildenhall

Thursdays 8:00am - 4:30pm GMT

RAF Alconbury

Wednesdays 8:00am – 4:30pm GMT

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