







US Customs & Border Protection Employee Assistance Program (EAP)


 **Health Coaching** provided telephonically by certified coaches who will help you set and achieve goals to improve your health and wellness.

 **Legal** assistance for issues such as divorce, family law, adoption, and more. Identity Theft Recovery and mediation services are also available. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP. Simple Wills prepared at no cost.

 **Financial** consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Get a free 30-minute consultation with a financial professional.

 **Work-Life** specialists provide consultation, information, resources, and verified referrals for personal and family needs such as:

- Childcare
- Eldercare
- Adoption
- Academic
- Pet Care
- Relocation
- Concierge
- Career Coaching/Resume Writing

 **Counseling Support** for stress, marital and family problems, job related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- Immediate access to counselors for in-the-moment support and guidance.
- Up to **12** EAP sessions for assessment, short-term counseling, and referral.
- Telephonic, video, and in-person options available.

Connect with EAP

The CBP EAP provides employees and eligible family members with a variety of services to help with personal and work life matters. The CBP EAP is a free and confidential resource available 24/7.

Call: (800) 755-7002

Chat: Chat live with CBP EAP online to ask a question, request services, or receive immediate counseling support.

Online: www.cbpeap.com
Password: CBPEAP

Log in now to access monthly webinars, screenings, assessments, videos, quizzes, courses, articles, legal library, financial calculators, and more.

Tess Chatbot: Tess is an artificial intelligence assisted chatbot that provides free and confidential text-based wellbeing support. Tess is available 24/7 and will engage you in conversations to help you learn how to feel better, manage stress, increase self-awareness, and build personal resilience. **Text Tess at:** (442) 245-8065