

## **The Employee Assistance Program (EAP) Remains a Resource Available to Library of Congress Employees**

EAP will operate remotely until further notice, but all services remain available.

### **What Does EAP Offer?**

The EAP program is **free and confidential** and provides a wide range of support and counsel for Library employees.

- 24/7 access to services
- No-cost counseling and referral services
- Credit counseling services
- Work/life services, including no-cost consultations with attorneys, financial professionals, child and eldercare services specialists and others
- A large variety of on-line resources and programs
- Free webinars
- Mobile app

### **Access Services Remotely**

- Rebecka Mevorah is available Mondays and Tuesdays from 9:30 a.m. to 3:30 p.m.
  - Email her at [RMevorah@espyr.com](mailto:RMevorah@espyr.com)
  - Leave a voice mail at (202) 707-6389 (messages checked several times, within the hour, when Rebecka is not in a session)
  - Call (800) 869-0276 and select option 3.
- Lisa Brown is available Wednesdays and Thursdays from 9:30 a.m. to 3:30 p.m.
  - Email her at [LBrown@espyr.com](mailto:LBrown@espyr.com).
  - Leave a voice mail at (202) 707-6389 (messages checked several times, within the hour, when Lisa is not in a session)
  - Call (800) 869-0276 and select option 3.
- EAP services are also available 24 hours a day, seven days a week.
  - Call (800) 869-0276 to immediately reach a counselor or access other EAP services.
- There are also many resources available on the EAP website: [www.espyr.com](http://www.espyr.com)
- ESPYR App for mobile devices is available via a free download from iTunes or the Google Play Store.

### **Who is Eligible for EAP Services?**

EAP provides confidential counseling services to assist the following

- Library of Congress employees
- Library employee's spouses, domestic partners, and benefits eligible dependents
- Library of Congress Child Care Center staff (those who work for Library Child Care Association, the organization that runs Little Scholars)
- SecuriGuard guards