

The Department of the Air Force Employee Assistance Program (EAP) provides a comprehensive array of services to support civilian employees and their families. These valuable resources are accessible to Air and Space Force civilian personnel and their household members. All services are available 24 hours a day, 7 days a week.

Here's an overview of the various resources available:

- **Counseling:** Individuals are eligible for six confidential, non-clinical counseling sessions per issue. Sessions can be conducted in person, over the phone, virtually, or via chat, offering flexible options to suit your needs.
- **Work-Life Services:** EAP assists with everyday work-life needs by providing referrals to local community resources in areas such as education, childcare, eldercare, support groups, healthcare resources, and more. Additionally, EAP provides valuable resources including scholarships, health and wellness information, and other beneficial services.
- **Financial Services:** Individuals are entitled to three thirty-minute financial phone consultations annually. These consultations can address a wide range of topics, including budgeting, spending plans, debt management, college planning, student loans, home buying, estate planning, marriage, growing families, retirement, and taxes.
- **Legal Services:** Individuals are entitled to one free sixty-minute consultation per issue, either by phone or in person with an attorney. Additionally, discounts are available for services beyond the initial consultation.
- **Supervisor Resources:** Critical Incident Response in time of need and can provide individual management consultations, resources, and support.

Accessing EAP Services. When an individual calls EAP to access services, they are greeted by a representative and offered personalized support. The representative will connect individuals with the appropriate EAP services customized to meet their needs. There are also many resources available on the EAP website. Accessing these confidential services is simple and convenient. “EAP is part of my toolbox. It has consistently been a reliable resource for me, both as a supervisor and as an employee. The resources are readily available and easy to access for the employee and family members,” Janice Barnes, Prevention and Response Branch Chief, Air Force Reserve Command Headquarters.

Civilians and household members can reach EAP at 866-580-9078. For more information, visit <https://www.resilience.af.mil/Workforce-Resource/> and click on Civilian EAP for more information.

New! Access EAP on the go: DAF Civilians and their household members can now access EAP services through the Magellan Members app, available for download on mobile devices. Simply search “Magellan Members” in your app store to get started. The app offers convenient access to resources, support tools, and service navigation—all in one place.