



Mental Health Resources for NPS Employees

Employee Assistance Program (EAP)

EAP offers free 24-hour confidential, live support, counseling referrals, up to 6 free counseling sessions per year; available to all employees* and their families.

www.care.espyr.com (password: interioreap)

800-869-0276

988 Suicide and Crisis Hotline

Dial 988 to access trained crisis counselors to help people experiencing suicidal, substance abuse, and/or mental health crisis, or other emotional distress. Available 24/7.

988lifeline.org

Federal Employee Health Benefits (FEHB)

All insurance plans within the FEHB program offer mental health benefits. Benefits vary by plan.

Responder 911

Call to talk to a licensed clinical psychologist who specializes in providing support to first responders.

888-918-3332

Wellness and Resilience Portal

This portal is an NPS Sharepoint site where employees can find emergency resources, information on wellness, tips on taking care of yourself, and more.

inside.nps.gov/wellness

Seeking help is not a sign of weakness; it is a sign of courage.

* All current employees (including term, seasonal, and permanent) are eligible for EAP services. Seasonals are eligible for allotted counseling sessions through the month which their employment ends. Volunteers, partners, and contractors are not eligible to participate in the Department of the Interior EAP.