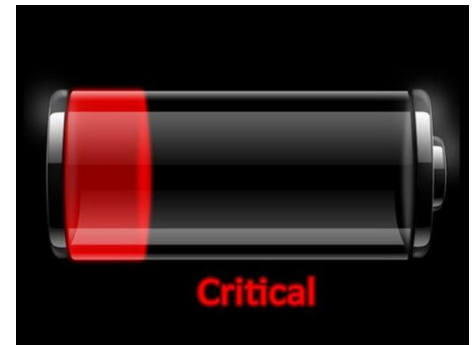


Is your Resilience Battery depleted?

Don't stay stuck, seek help from Department
of State Resources



Office of Medical Services

Health Unit at Post

RMO
RMO/P
Health Practitioner
Local Providers

Mental Health Services

Employee Consultation Services: Employees Assistance Program

To contact ECS: MEDECS@state.gov or 202-663-1815

Video-teleconferencing is also available

Intranet: <http://med.m.state.sbu/mhs/ecs/default.aspx>

ECS Services Include:

- Clinical Social Work: Individual, couple and group sessions
- Compassionate Actions: Curtailments, 5/8 Waivers, LWOP, Break in Onward Assignments and Domestic only extensions
- Support Groups: ECS conducts a number of monthly support groups - Cancer, Divorce, Eldercare, and Grief at this time
- Workplace Grief counselling
- Education and Training on a variety of workplace topics
- Information and Referral Services

Child and Family Program

To contact CFP: MEDCFP@state.gov or (202) 663-1904

Intranet: <http://med.m.state.sbu/mhs/cfp/default.aspx>

The Child and Family Program works with parents to assure children's mental health and special education needs are identified, appropriately assessed and have an effective treatment and educational plan established in advance of and during overseas assignments.

Deployment Stress Management Program (DSMP)

To contact DSMP: MEDDSMP@state.gov

Intranet: <http://med.m.state.sbu/mhs/dsmp/default.aspx>

DSMP was developed to assist State Department and USAID personnel en route to or returning from High Threat Posts. Services include prevention, intervention, assessment, treatment, counseling, education, and referral services associated with deployment-related psychological health issues before, during, and after deployment.

Bureau of Human Resources

For contact information and access to the below listed HR programs visit the Intranet homepage here: <http://intranet.hr.state.sbu/Pages/default.aspx>

Work/Life Programs

HR/ER/WLP is the vital link among the Department's human resource specialists, managers and employees on work/life issues. The division of Work/Life Programs provides up-to-date information, technical assistance, policy direction and guidance to our employees worldwide on work/life initiatives and benefits.

IQ: Information Quest is the Department's program name for LifeCare, a comprehensive and confidential resource and referral service that assists employees who are searching for ways to balance the demands of their professional and personal lives. The Department has contracted with Federal Occupational Health (FOH) to offer this benefit at no cost to all Department employees, (full-time, part-time, permanent or temporary), and their family members.

Resources and referral services are available for the following:

- Adult Care & Aging
- Child Care & Parenting
- Education
- Financial & Legal concerns
- Health & Wellness
- Prenatal Care & Adoption
- Relocation and personal support for urgent everyday issues

Office of Causality Assistance

HR/OCA provides administrative assistance and ongoing support following the death of a direct hire U.S. citizen Department of State employee serving abroad or their family member, or of a Department of State employee in the United States.

OCA also offers support to all direct hire USG employees serving under Chief of Mission authority and their family members, including FSNs, and Department of State employees in the United States who are victims of terrorism, mass casualty, or certain other critical incidents, whether the victims are killed, injured or impaired.

Family Liaison Office/Community Liaison Office Coordinator

FLO and your CLO at post serve as a confidential sounding board in addition to being a conduit for excellent information and resources. Employees and family members can find out more about FLO online at <http://www.state.gov/m/dghr/flo/> or by emailing FLO@state.gov

Mental Health Network: FLO has contracted with behavioral health care provider MHN to enhance access to support services for Department of State employees and their families during unaccompanied tours (UT) of service. Those eligible include direct-hire employees on permanent change of station assignment and long-term TDYers to unaccompanied posts and their family members. The program includes a customized Web portal, online training, 24/7 call-center support, and face-to-face counseling. Contact FLOAskUT@state.gov for more information.