



Welcome to a Better You

Kick off the New Year right by making a happy, balanced life your top priority. Take advantage of the Department of the Navy Civilian Employee Assistance Program (DONCEAP) benefits to enhance your emotional wellness and help turn your resolutions into reality.

The program can help you start fresh on your way to a happier and healthier you. So reach out today for confidential advice on making emotional wellness and balance top priorities this year. DONCEAP offers:

- **In-person, short-term counseling** from licensed counselors.
- **24/7 access to WorkLife specialists** who provide information and referrals to resources to assist with underlying issues that may be challenging you, such as: senior care, child care options, schools and financial aid, wellness resources, home services, and other daily life needs.
- **Online information and interactive tools** on topics such as: stress and coping, family issues, personal and emotional difficulties, finances, and living a healthy lifestyle.

24 HOURS A DAY

1-844-DONCEAP

1-844-366-2327 / (TTY: 1-888-262-7848)

International: 1-866-829-0270

DONCEAP.foh.hhs.gov



Services are offered as a **FREE** benefit from the Department of the Navy to you and your family members, and are confidential within the limits of the law.