



Department of the Navy Civilian Employee Assistance Program (DONCEAP)

The competing demands of life at work and at home can take a toll, both emotionally and physically. Family or relationship concerns, conflicts at your job, financial troubles, emotional issues, or life-event stressors—adopting a child, caring for an aging loved one, or even sending a young adult off to college—can severely test your sense of balance and well-being.

Your DONCEAP is available to help. DONCEAP will help you navigate life's challenges so that you can better focus on meeting your responsibilities, at home and at work.

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

The quickest and best way to contact DONCEAP is by calling:

1-844-DONCEAP

(1-844-366-2327)

TTY: 1-888-262-7848

International: 1-866-829-0270

Help is also available online:

DONCEAP.foh.hhs.gov

Employee Assistance and Work/Life Services

Problems in your personal life can impact not just your peace of mind but also your ability to effectively do your job.

Your DONCEAP is here for all life's challenges – big and small.

To keep one's professional duties on track while also dealing with personal responsibilities and concerns is a sizable challenge. At such a time, it's important to have access to resources that can provide support and sound guidance. The Department of the Navy Civilian Employee Assistance Program (DONCEAP) is available to help.

When you call the toll-free DONCEAP number, you will get an immediate response from a caring professional.

Then, you choose whether you personally meet with, or speak telephonically to an experienced, licensed DONCEAP counselor who is available in your community to provide consultation, short-term problem solving, coaching, or crisis management. No matter what the issue relates to – work, relationships, family, finances, substance abuse, or even everyday life challenges – your DONCEAP is here to help, 24 hours a day, 7 days a week.

As part of our full spectrum of services, DONCEAP offers access to legal and financial services, providing objective, targeted information on a wide range of issues. Our professionals also offer assistance with child and elder care and personal wellness issues.



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Did you know?

Your DONCEAP provides more than just Employee Assistance and Work/Life Services.

Let us help you with all your daily stressors and life challenges. Call us day or night for counseling, or resources for the following:

- Emotional concerns
- Work
- Relationships
- Child and elder care
- Home repair
- Adoption
- Substance abuse
- Parenting
- Education
- Legal and financial

- Health and wellbeing
- Diet and nutrition
- Just about anything else. If it's causing stress, we can help!

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