Concerned about a Furlough? DONCEAP Can Help

The uncertainty of a government furlough may leave some federal employees feeling stressed and anxious. Fortunately, you can still access the Department of the Navy Civilian Employee Assistance Program (DONCEAP) during a furlough.

Here are some things the DONCEAP can do for you if you face this challenge:

1) Counseling Services
Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

2) Financial and Legal Services
The DONCEAP includes free consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions. Services include help with housing or real estate matters, living will and health care power of attorney, budgeting, credit/debt, estate planning, education funding, retirement planning, and investment strategies.

3) Online Tools
Access articles, tips, tools, calculators and assessments on topics including: Budgeting 101, Money and Relationships, Financial Health, Resiliency, Managing Stress, and much more.

24 Hours a Day
1-844-DONCEAP
1-844-366-2327 / (TTY: 1-888-262-7848)
International: 001-866-829-0270

DONCEAP.foh.psc.gov