

Meet Your New Consultant

April 2024 / Hawaii District

Mimi Chough, LMFT, EAP Consultant

Mimi Chough, LMFT, joins our Hawaii District as the Field Consultant. Mimi is passionate about working with couples and dealing with relationship challenges in the field and online. Mimi has specialized in working with Military personnel and PTSD treatments and considers it a privilege to work with Veterans and their families.

Mimi looks forward to bringing more EAP services to the Hawaii District, learning more about this beautiful land and culture, and the vital role the USPS has served in bringing us closer when we are far away.

Mimi can be contacted directly at mchough@ndbh.com



800-327-4968 | 800-EAP-4YOU
TTY: 877-492-7341
EAP4YOU.COM



Support in your district:

EAP Counseling

Offering support and guidance for you and your family as you deal with difficult situations. Confidential services are offered face-to-face, telephonically or through video counseling.

EAP Consultations

Speak with a professional to receive advice or information. It often helps just having someone listen to your concerns.

EAP Coaching

Designed to focus on your strengths. EAP coaches are ready to help you reach your personal and professional goals.

All services are free and confidential. The EAP also offers a wealth of info, self-help tools and calculators you can access anytime.

Visit [EAP4YOU.com](https://www.eap4you.com) to learn more about the EAP and access resources, trainings and articles.



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