



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**

Legal Services Program

Occasionally, you may face a legal situation or have a question on a legal issue that you'd like to discuss with an attorney. The Department of the Navy Civilian Employee Assistance Program (DONCEAP) is here to help. We provide consultation and referrals services for a wide range of legal issues.

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

Contact our legal consultants to identify your needs and explore your options on a variety of legal issues, including:

- Healthcare power of attorney
- Living wills
- Housing, real estate, estate planning matters
- Family law, divorce, child custody, child support
- Car accidents and related matters
- Identity theft
- Consumer concerns
- Criminal matters
- Small claims court cases
- Traffic violations

Who can use the DONCEAP Legal Services program?

This service is offered as a benefit to you, your household members, and dependents.



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Is there a charge for legal consultation?

The consultation is offered at no charge. If it is determined that you need additional services from an attorney beyond the initial free consultation, the continued services will be offered at discounted rates. It is recommended that you get a written statement for the cost of an offered consultation or other services in advance.

Is the service confidential?

Yes. All communications regarding legal concerns are confidential, except when disclosure is required by law.

Are there any restrictions?

Yes. The Legal Services program does not provide advice on issues regarding DONCEAP, its employees, other providers or attorneys associated with the program, or matters relating to your job. The Legal Services program does not provide advice on any matter that is frivolous, harassing, or otherwise a violation of ethical rules.

Also, legal referrals provided are not endorsements or recommendations for selecting and employing any specific attorney or law firm. That responsibility lies solely with you.

Did you know?

Your DONCEAP provides more than just a Legal Services Program.

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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