



Easy Access

Help is just a phone call or click away. Access your EAP 24 hours per day, 7 days per week, 365 days per year. Simply call the toll-free number, visit the website, or send an e-mail for helpful resources, guidance, and support.

EMPLOYEE ASSISTANCE PROGRAM

"I was so worried about my mom when she was diagnosed with cancer. The EAP offered a lot of helpful resources! Now, I'm actually feeling hopeful and strong. Thank You EAP!"



"The EAP really helped me to get my life back together. My wife and I are getting along much better now, and our finances are actually under control. What a relief!"



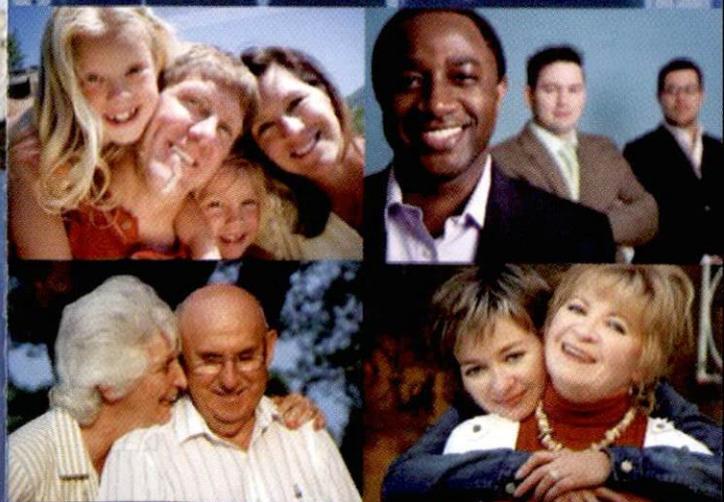
"I was getting really stressed out and the EAP helped me to get my priorities back in perspective. Now I'm exercising, eating right, and really getting things done at work!"



EAP Helpline
1-866-EAP-2400
1-866-327-2400
TTY/TDD 1-800-735-2989

E-Mail
eap@deeroaks.com

Website
Deeroaks.com





What types of Problems does the EAP Cover?

- Stress, Tension, Anxiety
- Depression, Grief
- Anger Management
- Marital/Family Problems
- Work-Related Difficulties
- Legal/Financial Concerns
- Health and Wellness Issues
- Trauma Recovery
- Substance Abuse

What is an EAP?

An EAP is an Employee Assistance Program. The EAP provides free and confidential assessment, short-term counseling, prevention, education, and referral services for you and your dependents. The benefit is provided through Deer Oaks EAP Services.



How can the EAP help me balance work and life?

It's difficult to be at your best when you are concerned about emotional, health, financial, legal, child/eldercare, or family problems. Resolving your personal concerns can help you:

- Increase your morale & well-being
- Stay focused on your goals
- Achieve a healthy balance in your life
- Establish positive relationships
- Remain productive and efficient
- Decrease your overall stress level



EAP Services

- Assessments, Guidance & Solutions
- Short-term Counseling
- Crisis Intervention
- Community & Health Plan Referrals
- Employee Wellness Training
- Online Tools, Tips, & Videos
- Health & Wellness Education
- Legal & Financial Consultations
- Work/Life Balance Coaching
- Child/Eldercare Resources
- Substance Abuse Services

