

# EMPLOYEE ASSISTANCE PROGRAM





## **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?**

A trained counselor is available 24/7, 365 days of the year to help you and your dependents cope with life's stressors so that you can live a happy,



# 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



## 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



## 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





"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!"



# 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.



## EAP Helpline

1-866-EAP-2400

1-866-327-2400

TTY/TDD 1-800-735-2989

## E-Mail

[eap@deeroaks.com](mailto:eap@deeroaks.com)

## Website

[Deeroaks.com](http://Deeroaks.com)