



# 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) 327-2400

**E-mail:**  
[eap@deeroaks.com](mailto:eap@deeroaks.com)

**Website:**  
[www.deeroaks.com](http://www.deeroaks.com)





## What is an EAP?

An Employee Assistance Program (EAP) provides free and confidential assessments, short-term counseling, referrals, prevention, and education 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, productive lifestyle. Simply call the toll-free number or visit the EAP website.



## 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

- Assessment & Short-term Counseling
- Crisis Intervention
- Community & Health Plan Referrals
- Leadership & Supervisor Training
- Online Tools, Tips & Articles
- Work/Life Balance Coaching
- Child Care/Elder Care Resources
- Retiree Assistance Program
- Legal & Financial Consultations
- Substance Abuse Services
- Health & Wellness Education
- Take the High Road on the Highways



## How Can the EAP Help Me Balance Work and Life?

It is difficult to be at your best when you are worried about emotional, health, financial, legal, child care/elder care, or family problems. Resolving your personal concerns can help you:

- Increase your morale and 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

