



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!"



EAP Helpline

(888) 993-7650

E-mail:
eap@deeroaks.com

Website:
deeroakseap.com



"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!"





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 Program



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

