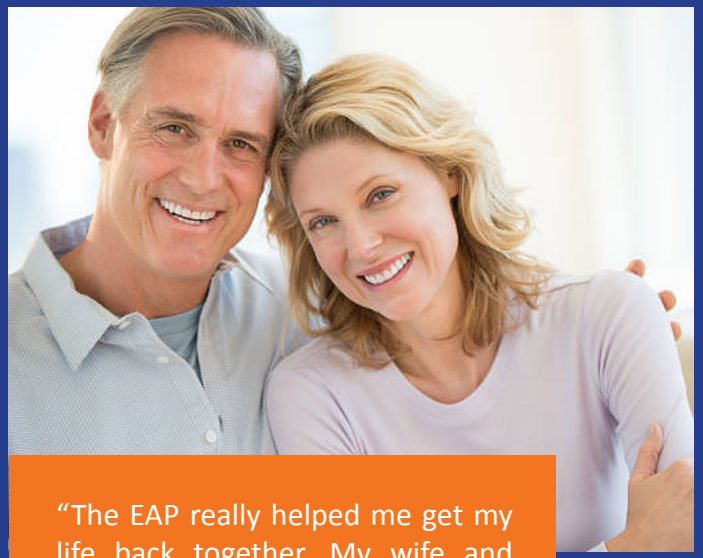
"I was so worried about my mom when she was diagnosed with cancer. The EAP offered a lot of helpful resources! Now, I'm actually feeling hopeful and strong. Thank you EAP!"

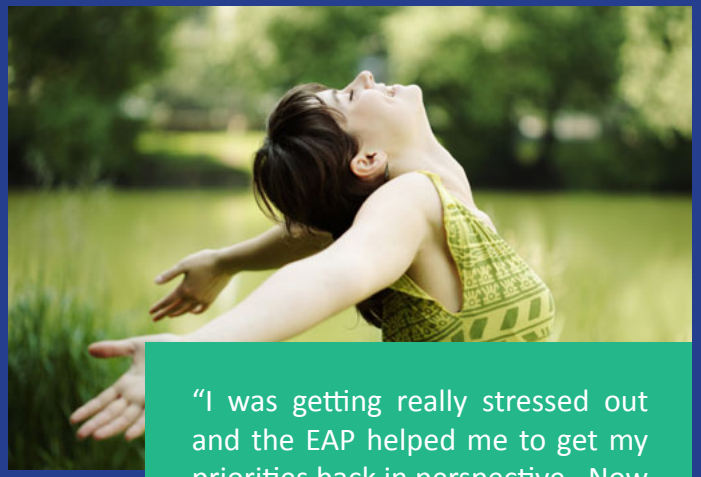


"The EAP really helped me get my life back together. My wife and I are getting along much better now, and our finances are actually under control. What a relief!"

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.



"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!"

Get In Touch With Your EAP

(888) 993-7650
www.deeroakseap.com
eap@deeroaks.com

Employee Assistance Program

Deer Oaks EAP Services

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?

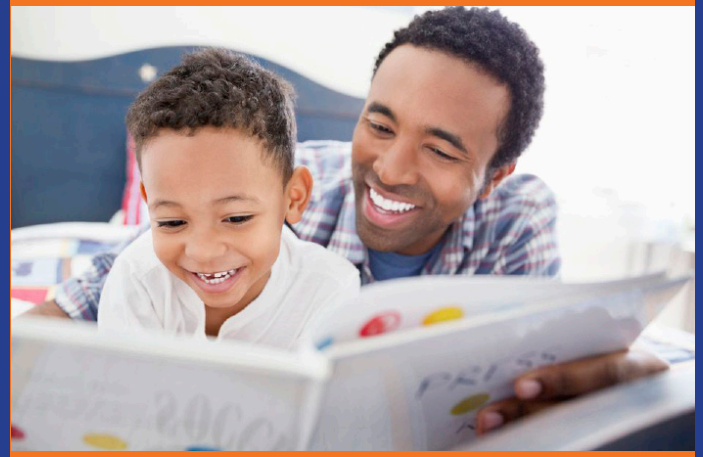
A trained counselor is available 24/7, 365 days of the year to help you and your dependents cope with life's stressors so that you can live a happy, productive lifestyle. Simply call the toll-free number or visit the EAP website.

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
- ✓ 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