Did you know?

Your EAP Can Help You Quit Smoking.

If you or someone you love is trying to kick the habit, your Employee Assistance Program (EAP) can help. We have a library of articles on the dangers of smoking and tobacco, and tips on how to quit. Our helpful work/life consultants can look for smoking cessation groups in your community. We even have links to free, online support from experts on quitting smoking and raising tobacco-free kids. Call the Helpline or log on to our website today to start living smoke free.

Available Features

- Referrals to smoking cessation groups
- Tip sheets and articles on quitting
- Links to free online support
- Information about medical treatments for quitting
- Wellness support for a smoke-free life

Deer Oaks EAP Services

Contact Your EAP Today:

(866) 327-2400
www.txhhsseap.com
eap@deeroaks.com