DEER OAKS EAP SERVICES

EAP

We are here for you 24/7 this holiday season.

We understand that many of you are facing new challenges this holiday season and that celebrating may look a little different this year. Your Employee Assistance Program (EAP) is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

- Planning your holidays while working from home
- Celebrating the holidays while maintaining social distancing and other safety practices
- Coping with anxiety around the holidays and returning to school/work after the holidays
- Stress management techniques
- Childcare arrangements during school holiday breaks
- Managing disappointment and expectations i.e. canceled events, holiday traditions

Helpline: (866) 327-2400 Email: eap@deeroaks.com Web: www.txhhsseap.com