DEER OAKS EAP SERVICES

# As the weather cools, turn to your EAP for support during the fall and winter months.

Your EAP or Employee Assistance Program is a free, confidential support service available 24/7/365 to you and your dependents/household members.

Our clinical and work-life professionals are here to help you with a variety of personal and work-related challenges such as:

stress, anxiety, depression
marital, family, parenting, adolescent issues
financial planning, budgeting, retirement planning
childcare arrangements during school holiday breaks
planning for the holidays/coping with holiday stress/anxiety
symptoms associated with Seasonal Affective Disorder (SAD)
locating child care, elder care, caterers, contractors, pet care

## CONTACT YOUR EAP 24/7

HELPLINE: (866) 327-2400
EMAIL: www.txhhsseap.com
WEBSITE: www.deeroakseap.com