



# EAP + WORK-LIFE PROGRAM

## THE FIRST STEP TOWARD BETTER MENTAL HEALTH

Your Employee Assistance Program (EAP) provides employees free, confidential access to a professional counselor anytime, any day, anywhere via phone or web. From managing stress, relationships, anxiety/depression to substance abuse, financial challenges, and work-life issues, your EAP can help.

Call or log on to get started!



**AVAILABLE 24/7 FOR CONFIDENTIAL SUPPORT AND INFORMATION**

**HELPLINE: (866) 327-2400**

**LOG ON: [www.txhhsseap.com](http://www.txhhsseap.com)**

**Email: [eap@deeroaks.com](mailto:eap@deeroaks.com)**