



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](http://www.txhhsseap.com)**

**WEBSITE: [www.deeroakseap.com](http://www.deeroakseap.com)**