

Here When You Need Us Most

Times of transition are some of the most difficult.

Therefore, whether you are terminated, laid off, changing careers, or retiring, your Employee Assistance Program (EAP) is here to offer ongoing support for 12 months post-employment/retirement.

Coverage extends to both you and your dependents/household members.



DEER OAKS EAP SERVICES

Call: 866-327-2400

Web: www.txhhsseap.com

Email: eap@deeroaks.com



Call Us 24/7 for Confidential Assistance

- In-the-moment 24/7 telephonic support
- Short-term counseling to help you deal with stress, anxiety, and other issues
- Telephonic life coaching to assist with goal-setting and action planning
- Referral to our AWARE Mindfulness-Based Stress Reduction Program
- Expert telephonic work-life consultation along with qualified referrals to local resources such as career counselors, head hunters, and support groups
- Stress management resources
- A comprehensive online library of articles and tip sheets on stress management, dealing with change, career development, etc.
- Telephonic financial consultation and referral services