

Your Employee Assistance Program

Support with work-life balance

As the boundaries between our work and personal lives become more blurred, it can be difficult to maintain a good work-life balance. Let your Employee Assistance Program (EAP) help by providing information and resources on setting priorities, managing your workload, protecting your private time, looking after your health and well-being, simplifying your life, and more.

- Confidential support services provided live 24/7 via phone or web by our work-life consultants
- Self-search provider databases for education resources, pet sitters, child care providers, older adult services, financial advisors, and more available on the member website
- Articles and tip sheets on stress and resilience, time management, workplace communication, and how to unplug
- Audio and video on exercise, meditation, and other wellness topics available on the member website
- Referrals to contractors, chore services, caregivers, and community resources
- Information on local recreation, entertainment, and personal services



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: **(866) 327-2400**

E-MAIL: **eap@deeroaks.com**

WEBSITE: **www.txhhsseap.com**