



# Did You Know?

## YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS RELOCATION ASSISTANCE.

Relocation can be stressful! Whether you're moving across the country or just down the street, using professional movers or moving yourself, it can be overwhelming to figure out where to start. Turn to your EAP for assistance. We offer a variety of resources that can help you to organize the process and make it a less stressful experience. Call the Helpline or log on to our website today for confidential assistance.

### *Available Features*

- Consultation with a work-life consultant regarding your move, needs and relocation plan
- Referrals to relocation and real estate resources
- Counseling and in-the-moment support to assist in handling the stressors involved with relocating

### Contact Your EAP Today

Phone: (866) 327-2400

Web: [www.txhhsseap.com](http://www.txhhsseap.com)

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