



# STRESSED?

## Call Your EAP



Some stress is unavoidable,  
but you can learn ways  
to better manage it and  
become more resilient.



(866) 327-2400



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

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

Your Employee Assistance Program  
can help with:

An assessment and counseling  
on managing stress

Articles and tip sheets on  
living a stress-free lifestyle

Information on meditation and other stress  
management skills

A skill builder training module  
on stress reduction available through the  
EAP website