



# Your Employee Assistance Program

Deer Oaks, your Employee Assistance Program, offers 24 hour access to free, confidential counseling and work/life referrals for you and your family.

The EAP can help with:

- Work/Life Balance
- Depression/Anxiety
- Substance Abuse
- Preparing for Retirement
- Emotional & Psychological Issues
- Stress & Time Management
- Legal & Financial Difficulties
- Family & Marital Problems
- Child/Elder/Adult Care Issues
- Healthy Lifestyles

Life Can Be Hectic. The EAP Can Help You Find Your Balance.

**Call Today for Confidential Assistance.**

**(866) 327-2400 • [www.txhhsseap.com](http://www.txhhsseap.com) • [eap@deeroaks.com](mailto:eap@deeroaks.com)**