



Mental Health First Aid



February

Visit your home page starting February 19th:

TOLL-FREE:
(866) 327-2400

WEBSITE:
www.txhhsseap.com

EMAIL:
eap@deeroaks.com

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**
Just call or log on to get started.

ONLINE SEMINAR

Being equipped to be able to respond to peers and support co-workers in a manner that is helpful is an important emotional health skill. An employee may hear news of a recent bereavement of a family member, and look to their teammates for support in the workplace.

The goal of this session is to develop and train employees to provide emotional support to co-workers who are facing individual emotional concerns.

Your Employee Assistance Program is available 24/7 to help with your and your co-workers' emotional health needs.