



STRESSED?

Call Your EAP



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

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



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