



Deer Oaks EAP Services Holiday Message

We are here for you 24/7 this holiday season.

We understand that many of you are facing challenges this holiday season. Your Employee Assistance Program (EAP) is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

- Work/life balance during the holiday season
- Coping with anxiety/stress/grief/loss around the holidays
- Stress management techniques
- Childcare arrangements during school holiday breaks
- Managing disappointment and expectations

Helpline: (888) 993-7650

Email: eap@deeroaks.com

Web: www.deeroakseap.com

Resources

- [HR Website](#)
- [HR Benefits EAP Website](#)
- [Direct Deposit QRG](#)
- [Updating Personal Information QRG](#)
- [Update Document Delivery Preferences for Payroll QRG](#)
- [Campus Wellness Resources](#)

Contact Information

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