



## HR Announcement

Dear University of Wyoming Employees & Dependents,

We are pleased to announce that effective, **October 1, 2020**, our Employee Assistance Program (EAP) provider will be Deer Oaks EAP Services. They will provide Employee Assistance Program (EAP) Services for all employees and dependents of University of Wyoming.

The EAP benefit covers **6 confidential short-term counseling visits** and is at no cost to employees and their families. University of Wyoming has pre-paid for this benefit for all employees and their dependents.

The EAP benefit is not only free to all employees and their dependents, but it is also confidential. Deer Oaks EAP has considerable expertise and clinical knowledge possessed by its clinicians and numerous convenient locations. Deer Oaks clinicians are well versed in helping clients of all ages, from young children up to the elderly.

The EAP can assist with many different types of problems. Among these are stress, depression, anxiety, workplace difficulties, substance abuse, marital problems, family or parenting conflicts, grief, violence and unhealthy lifestyles. The EAP can also provide additional assistance with, and tools & referrals for:

- Childcare and Eldercare Resources with Referrals
- Financial and Legal issues
- Free Interactive online simple will
- Retiree Assistance
- Moving Resources/Checklist
- ID Recovery
- Credit Karma
- Reimbursed Ride (Cab, Uber, RideShare, Lyft)

Deer Oaks EAP is available when you need it, 24 hours a day, 365 days a year. Deer Oaks will also coordinate with your medical plan for cases that are not EAP appropriate and require treatment under your medical benefit.

Beginning on **October 1, 2020**, for additional information or a referral to a provider located nearest you please call EAP toll-free at **1-888-993-7650**. Online tools are available at: [www.deeroakseap.com](http://www.deeroakseap.com). The login & password are: uwyo.

Employees currently receiving services will have continuation of care through October 31st with Mines and Associates. University of Wyoming is committed to the health and well-being of its employees and their family members and encourages the utilization of this important benefit.

Sincerely,

University of Wyoming and Deer Oaks EAP Services