

Did you know?



**YOU CAN RECEIVE
EAP COUNSELING
IN-PERSON, OVER
THE PHONE OR
THROUGH VIDEO.**

You've taken the first step. You've called your Employee Assistance Program (EAP) and are looking forward to starting counseling, but are unsure about the time commitment involved with meeting a counselor in-person.

We are all busy and taking time for ourselves often gets placed on the back burner. That is why your EAP offers video and structured telephonic counseling in addition to traditional in-person counseling. These telephonic and video counseling sessions can be scheduled at times that are convenient for you. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

ADVANTAGES

- No drive time-- saves money on gas
- No time spent in a waiting room
- Participate in a counseling session from the comfort of your home, office, or even your car
- The quality of counseling is the same as face-to-face counseling according to the American Psychological Association



DEER OAKS EAP SERVICES



CONTACT YOUR EAP TODAY:

(866) 327-2400



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