

# Working For You & Your Family



*Everyday, people face challenging and difficult situations at work and at home, which can negatively affect them and their families. It is important that you learn to manage stress and other personal concerns so you remain productive and efficient at work, achieve set goals, and maintain your health and well-being. Your EAP offers a wide range of services, including assessments and referrals for both you and your household members. Access services by simply calling the toll-free Helpline.*

**(866) 327-2400**  
**[www.deeroaks.com](http://www.deeroaks.com)**