



Your Employee Assistance Program

A Free & Confidential Benefit

The Employee Assistance Program (EAP) offered by your employer provides you and your family with free and confidential assessments, referrals, and counseling. Deer Oaks EAP Services is available at any time and can assist with work-related concerns, personal problems, and other issues affecting your well-being.

Your EAP Can Help With:

- Work/Life Balance
- Depression/Anxiety
- Substance Abuse
- Preparing for Retirement
- Emotional & Psychological Issues
- Life Changes & Transitions
- Stress & Time Management
- Legal & Financial Difficulties
- Family & Marital Problems
- Child/Elder/Adult Care Issues
- Healthy Lifestyles
- Loss & Grief

Help Is Just One Phone Call Away...



YOUR EMPLOYEE ASSISTANCE PROGRAM: MORE THAN JUST COUNSELING



The EAP offers confidential access to professional consultants and online resources that provide support, guidance and referrals for any work, personal, or everyday issue that's important to you.

Below are some of the resources available to you in addition to counseling:

- Legal & Financial Consultation & Resources
- ID Theft Prevention & Recovery Assistance
- Online # Monitoring
- Online Simple Will Preparation
- Daily Living & Convenience Consultation & Referrals
- Child/Elder/Adult Care Consultation & Referrals
- Health & Well-being Consultation & Referrals
- Interactive Online Tools, Resources and Skill Builders
- Take the High Road Cab Reimbursement Program
- Continued Access to the EAP for up to 6 Months Post-Employment

CALL THE EAP ANYTIME, DAY OR NIGHT

(888) 993-7650 | www.deeroakseap.com | eap@deeroaks.com

Instant Support

ICONNECTYOU: YOUR EMPLOYEE ASSISTANCE PROGRAM ON THE GO



FEATURES:

- Access your EAP at the click of a button
- The app supports telephonic or video calls, instant messaging (IM), short message service (SMS), video, and articles
- Answered 24 hours a day, 365 days a year
- Members can connect with experts instantly or make arrangements for a later appointment
- Accessible by iOS and Android devices
- Browse curated self-help resources with a few swipes on the phone



iConnectYou is an app that instantly connects you with professionals for in-the-moment support and help finding resources for you and your family.

To access iConnectYou, download the app from the App Store (iPhone) or Google Play (Android) and register using the iCY passcode below. For additional information, you may access your EAP's website following the details listed below.

ICONNECTYOU PASSCODE: 250330

HELPLINE: (888) 993-7650

WEBSITE: www.deeroakseap.com

WEBSITE USERNAME/PASSWORD: MUS

MUS EB
Montana University System
Employee Benefits

