



## Providing Services to Help You Personally & Professionally

### Who We Are

The Employee Assistance Program (EAP) offered by your employer provides you, your family, including all members of your household, 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.

### Our Services



#### Health & Well-being Consultation & Referrals

- Work/Life Balance
- Depression/Anxiety
- Substance Abuse
- Emotional & Psychological Issues
- Life Changes & Transitions
- Stress & Time Management
- Family & Marital Problems
- Loss & Grief
- Alternate Modes of Support (AWARE Stress Reduction Program, Life Coaching, cCBT)



#### Legal & Financial Consultation & Resources

- ID Theft Prevention & Recovery Assistance
- Online Credit Monitoring
- Online Simple Will Preparation as well as access to several other legal forms
- Financial Counseling



#### Daily Living & Convenience Consultation & Referrals

- Healthy Life Styles
- Child/Elder/Adult Care Issues
- Preparing for Retirement
- Interactive Online Tools, Resources and Skill Builders
- Continued access to the EAP for up to 6 months post-employment

### Instant Support

ICONNECTYOU



#### Your EAP on the GO!

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)
- register using the iCY passcode below.
- For additional information, you may access your EAP's website following the details listed below.

**CONNECTYOU Passcode: 250330**

#### 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

**HELPLINE:** (888) 993-7650

**WEBSITE:** [www.deeroakseap.com](http://www.deeroakseap.com)

On the member page, enter the following information to login:

**USERSME: MUS**

**PASSWORD: MUS**

### Contact Us



(888) 993-7650



[www.deeroakseap.com](http://www.deeroakseap.com)



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