



Deer Oaks EAP Services

1-888-993-7650

www.deeroakseap.com

Dear Town of East Windsor Employees & Dependents:

We are pleased to announce our new Employee Assistance Program (EAP) provider will be Deer Oaks EAP Services. The EAP benefit covers up to eight (8) confidential short-term counseling sessions per person, per issue, per year.

Employees and their household members are entitled to this pre-paid confidential benefit. Deer Oaks EAP has considerable expertise and clinical knowledge possessed by its network of providers at numerous convenient locations near you. The EAP providers are well versed in helping clients of all backgrounds and ages.

Deer Oaks EAP will assist you with many different types of issues. Among these might be stress, depression, anxiety, workplace difficulties, substance abuse, marital problems, family or parenting conflicts, grief, violence, and unhealthy lifestyles. The EAP will also provide additional assistance, tools, resources and referrals for:

- ✓ Childcare and Eldercare Resources and Referrals
- ✓ Consultations for Financial and Legal Issues
- ✓ Child and Parenting Support Services
- ✓ Retiree Assistance Information and Resources
- ✓ College Resources/Checklists

All callers seeking to access counseling services will receive a telephonic assessment to ensure that short-term solution focused counseling is appropriate. A Deer Oaks case manager will work to ensure clinical appropriateness of all services offered and to obtain authorization for sessions. If short-term services are not appropriate, Deer Oaks will coordinate with Town of East Windsor's healthcare plan for referral assistance through the medical benefit.

Please call the EAP toll-free Helpline at **1-888-993-7650**, for more information or a referral. Online tools are available at www.deeroakseap.com (username & password: **eastwindsor**).

Town of East Windsor is committed to the health and well-being of employees and their household members and encourages the utilization of this important benefit for health, wellness, financial fitness, and decreased daily stress.

"Making a Difference in Your Life Makes a Difference to Us"