

EAP RESOURCES: BACK TO SCHOOL



With the new school year quickly approaching, we understand the stressors parents are facing as your children return to the classroom.

Although measures have been successful in curbing the spread of the COVID-19 virus in many areas, we still find ourselves in the midst of a global pandemic, leaving many people struggling to adjust to the events of the past year and the so called “new norm.”

Your Employee Assistance Program (EAP) provided by Deer Oaks EAP Services is available to support you in this time of transition. You and your loved ones can access around-the-clock assistance for many of life’s challenges.

- Coping with anxiety regarding returning to the classroom during the COVID-19 pandemic
- Help adjusting to the “new norm”
- Stress management techniques
- Child/elder care concerns
- Coping with burnout
- Developing a better work-life balance
- Tips on how to discuss the COVID-19 pandemic and the events of the last year with your child
- Addressing hesitancy/anxiety around the decision to receive the COVID-19 vaccine

In-the-moment telephonic support, counseling, legal and financial consultation, and work-life resources are available by calling our toll-free Helpline or you may call, text, or chat with a team member using our iConnectYou App.

Your EAP is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

CONTACT YOUR EAP
24/7

HELPLINE: (866) 327-2400

EMAIL: eap@deeroaks.com

WEBSITE: www.deeroakseap.com