

Anxiety and Awareness

Learn about tools and
strategies to cope

There are ways to cope with
and manage anxiety in your
daily life, and we can help.
Reach out, we can connect you
to resources today.



LET US HELP

HELPLINE: 866-327-2400

WEBSITE: www.deeroakseap.com

EMAIL: eap@deeroaks.com

Always Available | Free | Confidential

