

December 2022

Taking Control of Stress

Managing stress for success

Stress may impact you in more ways than you realize. Contact us today so we can help you explore healthy ways to manage stress.

LET US HELP

HELPLINE: 866-327-2400

WEBSITE: www.deeroakseap.com

EMAIL: eap@deeroaks.com

Always Available | Free | Confidential



YOUR EMPLOYEE ASSISTANCE PROGRAM

