

CUNY Work/Life

PRESENTED BY DEER OAKS

Free Work/Life and Daily Living Services Available Through Your Employee Assistance Program (EAP)

Your Employee Assistance Program (EAP) is a free, confidential benefit provided to you, your dependents/household members, and affiliates by CUNY. To help you make time for what matters most, your EAP offers free telephonic assistance with a professional Work/Life Counselor who provides support, guidance and referrals for any work, personal or everyday issue that is important to you. Counselors are available to assist with nearly endless resources such as finding pet sitters, child and elder care facilities, tutors, home repair, veterinarians, and moving services.

To access the program, simply call the toll-free Helpline at **(855) 492-3633**. You may also visit our website at www.deeroakseap.com.



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How Much Do You Know About Your Employee Assistance Program (EAP)?

Do you know that your EAP is a free benefit? Or that it is available to you, your household members, and affiliates? The EAP is a completely confidential benefit provided to you by CUNY. All employees, their dependents/household members, and affiliates are eligible to access the EAP at no cost.

Available anytime, 24/7, your EAP offers free, confidential access to professional counselors and online resources that can assist you with a variety of personal and work-related issues such as:

- ✓ Work/Life Balance
- ✓ Depression/Anxiety
- ✓ Stress & Time Management
- ✓ Healthy Lifestyles
- ✓ Child Care, Elder Care & Family Support
- ✓ Work & Career Growth
- ✓ Life Changes & Transitions
- ✓ Legal & Financial Difficulties

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