



During these tough economic times, employers are looking for ways to make ends meet. Unfortunately, reductions-in-force are an inevitable and unwelcome result. Being laid-off is a stressful and emotionally painful experience. But there is life after being laid-off. With the proper mind set and a plan of action, you can make the most out of the situation and make a fresh start.

Deer Oaks EAP Services, your Employee Assistance Program, can help you during this time of transition. We have partnered with your employer to offer a variety of services for impacted agencies and departments. Deer Oaks will continue to provide the full range of benefits to all employees and their dependents for up to six (6) months post-employment. Our goal is to help you cope with the impact of job loss and make you aware of the resources and support available at Deer Oaks to help you through this difficult process. Below are some of the services that are available to you and your family:

- Clarification of the extension of health care benefits
- Options for services if health care benefits are no longer available
- Telephonic assessments
- Individual face-to-face assessments
- Legal resource & consultation services
- Financial planning services
- Stress management resources
- Depression and grief counseling
- Career counseling
- Other individual and family counseling services

Deer Oaks can arm you with valuable tools that will help you to persevere through the tough times, re-evaluate your career/life plan, and empower you to take control of your life and your future.



Call the EAP when life knocks you down.  
We can help lift you back up.

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