

Comprehensive Major Medical Plan

North Carolina State Health Plan

1-800-422-4658

www.statehealth.state.nc.us

North Carolina State Health Plan

Teachers' and State Employees' Comprehensive Major Medical Plan



EAP Service Provider

Deer Oaks EAP Services

Phone: 1-877- EAP-SOLV

1-877-327-7658

EASY, CONVENIENT ACCESS

Convenient, flexible and easy to access, the Deer Oaks EAP helpline is available to you and your family members 24-hours-a-day, 365-days per year.

1-877-EAP-SOLV
(1-877-327-7658)

NATIONAL RELAY NUMBER

1-800-877-8339

INTERACTIVE WEBSITE

Access our interactive website with helpful resources, self-assessments, and tips and tools designed to enhance your daily life.

www.deeroaks.com

DEER OAKS EAP E-MAIL

For more information, e-mail Deer Oaks at:

eap@deeroaks.com

*Deer Oaks
EAP Services
A resource you
can trust*



EAP

**EMPLOYEE ASSISTANCE
PROGRAM**



DEER OAKS

A Behavioral Health Organization

A resource you can trust

*An assistance program
designed specifically for
NC State Government
Employees*

What is an EAP?

An EAP is an Employee Assistance Program offered by your employer that includes free and confidential assessments, counseling and referrals for you and your family members.

Your employer recognizes that balancing work and family obligations can be difficult and that dealing with personal, legal, financial and medical concerns can be stressful. If left unaddressed, this stress can take a toll on your health, morale and job performance.

As part of your employee benefit package, the EAP provides assistance and resources to help you deal with a wide variety of difficulties. Trained counselors are ready to help you solve your problems so that you can maintain a sense of well-being and workplace productivity. Help for you and your family is just one phone call away.

1-877-EAP-SOLV
1-877-327-7658

Benefits of using the EAP

- It costs you nothing
- It's easy to access
- It's confidential
- It's available for you and your family
- It provides practical solutions and referrals

Health/Work Connection

Employees with balanced lives are more reliable and attentive to their jobs. Deer Oaks provides the training and tools necessary to ensure employees remain healthy and productive in the workplace while maintaining a balance between work and home life.

Issues Addressed by EAP

- Dealing with stress at home or in the workplace
- Resolving marital problems
- Coping with the impact of a tragedy
- Living with depression or anxiety
- Managing healthy weight
- Quitting smoking
- Experiencing problems with co-workers or supervisors
- Living with constant change in the workplace
- Adjusting to adoption
- Dealing with aging parents
- Coping with loss and grief
- Struggling with parenting concerns
- Having trouble with personal finances
- Suffering from domestic violence
- Substance Abuse/Alcoholism

EAP Services

- Telephonic or Face-to-Face Assessment
- Crisis and Risk Assessment
- Referral Needs Assessment
- Self-Assessment Tools
- Online Health and Wellness Resources
- Electronic Newsletters
- Online Chats
- Community Links



What if my situation is an emergency?

If it's a life-threatening situation, call 911. If you find yourself in a situation of not knowing what to do, call Deer Oaks EAP Services at 1-877-EAP-SOLV (1-877-327-7658). A Deer Oaks Care Coordinator can help point you in the right direction.