



## Deer Oaks EAP Services

Phone: 1-866-792-3616

Fax: (210) 615-0501

Dear State of Nebraska Benefit-Eligible Employees & Dependents,

The State of Nebraska is pleased to announce that effective July 1, 2013, our Employee Assistance Program, Best Care, will change to Deer Oaks EAP Services. They will provide the Employee Assistance Program (EAP) Services for all employees and dependents for The State of Nebraska. The EAP benefit covers **5 confidential short-term counseling visits** and is at no cost to employees and their families. This service has pre-paid for this benefit for all employees and their dependents.

The EAP benefit is not only free to all employees and their dependants, but it is also confidential. Deer Oaks EAP has considerable expertise and clinical knowledge possessed by its clinicians and numerous convenient locations. Deer Oaks clinicians are well versed in helping clients of all ages, from young children up to the elderly.

The EAP can assist with many different types of problems. Among these are stress, depression, anxiety, workplace difficulties, substance abuse, marital problems, family or parenting conflicts, grief, violence and unhealthy lifestyles. The EAP can also provide additional assistance with, and tools & referrals for:

- ✓ Childcare and Eldercare Resources with Referrals
- ✓ Financial and legal issues
- ✓ Child and Parenting Support Services
- ✓ Retiree Assistance
- ✓ College Resources/Checklist
- ✓ Unlimited Health Coaching

Deer Oaks EAP is available when you need it, 24 hours a day, 365 days a year. If you are currently using the services of our previous provider Best Care, you can continue with the current provider for the authorized number of sessions. Please contact Deer Oaks for specific provider information and ongoing sessions after current authorization through Best Care, is exhausted.

For additional information or a referral to a provider located nearest you please call EAP toll-free at **1-866-792-3616**. Online tools are available at: [www.deeroaks.com](http://www.deeroaks.com) (**login & password: son**).

The State of Nebraska is committed to the health and well-being of its employees and their family members and encourages the utilization of this important benefit.

Warm Regards,

State of Nebraska & Deer Oaks EAP