

Confidential Assistance for Texas City Management Association members

TCMA Employee Assistance Program provided by Deer Oaks



TCMA and Deer Oaks recognize that life can be hectic and demanding. We also understand that issues such as anxiety, depression, legal/financial difficulties and marital/family stressors can add further stress to your already busy life. Thankfully, your Employee Assistance Program (EAP) is here to help.

Your EAP is available day and night to offer 100% confidential assistance.

Counseling Services:

Deer Oaks has created specialized modalities of support that accommodate the ever-changing schedule of a TCMA member.

Short Term Counseling:

- 3 visits (per person, per issue, per year)
- Visits can be utilized in 3 ways:
 - face to face counseling
 - telephonic counseling
 - iConnect You (facetime app)

Alternate Modes of Support:

- AWARE Stress Reduction Program
- Life Coaching
- cCBT

alternate modes of support options DO NOT count against the 3 visit model



Work/Life Services:

“Let Deer Oaks handle your To Do list”

Daily Living/Convenience:

- Apartment locators
- Chore services/house cleaners
- Home repair (handymen, plumbers, electricians, contractors, etc.)
- Entertainment services
- Veterinarian
- Pet obedience training
- Pet Sitters/Kennels
- Transportation & travel services
- Fitness and Wellness Centers/Programs
- Moving and relocation services

Childcare Resources:

- Daycare
- Preschool & nursery schools
- Adoption
- Summer programs
- Sports camps/leagues
- Play groups

Eldercare Resources:

- Assisted Living facilities
- Nursing home
- Hospice
- Retirement communities
- “Meals on Wheels” programs
- Adult daycare facilities

Legal/Financial Services:

Legal Services:

- 30-min. telephonic or in-person consultation with an attorney
- 25% discount off the attorney's hourly fee
- Access to over 100 legal forms online at www.deeroakseap.com

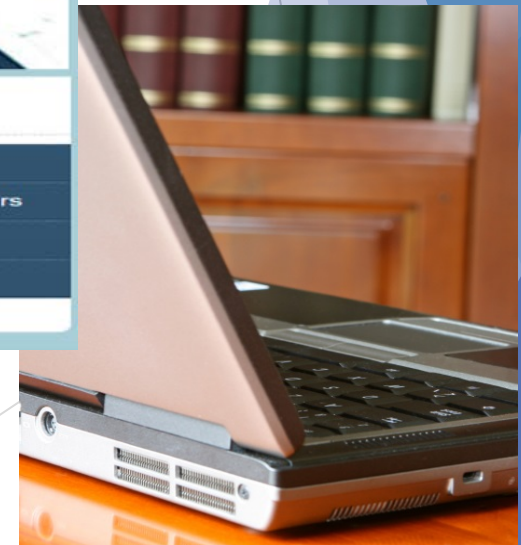
Financial Services:

- Free telephonic financial counseling and education with an Accredited Financial Counselor on issues related to consumer debt and budgeting
- Counselors address issues via the help line, and follow up by emailing supporting educational materials
- Counselors are available without an appointment Monday through Friday, or through pre-scheduled Saturday sessions



NOLO-Interactive Online Will Preparation

- Free legally binding state-specific simple will and living trust software
- Step-by-step process composed online under the Legal/Financial portion of our website at www.deeroakseap.com
- Is designed for typical assets such as a house, car, savings and investments
- Some situations may require more than a simple will. You should get expert advice, or at the least, investigate your options



“Take the High Road” Ride Reimbursement Program

- Call a cab, Uber, Lyft, Fasten, or other ride-sharing program
- Keep your receipt
- Call the helpline for instructions on receiving reimbursement for your ride
- Reimbursement up to \$45.00- excludes tip
- Available once per calendar year per person





Ways to access services

Call

1-888-993-7650

Email/Website

Email: eap@deeroaks.com
Website: www.deeroakseap.com
Login/Passcode: **TCMA**

iConnect You

iConnectYou App
Passcode: **231963**