

# Employee Assistance Program Services

The Office of Human Resources understands that these are difficult and unprecedented times. We know for many, as a result of CO-VID 19, daily challenges in addition to work such as parenting, personal commitments, household responsibilities and other tasks can make life demanding, stressful and overwhelming.

The Clemson University Employee Assistance Program, provided through Deer Oaks, offers 24/7, confidential services to all employees as well as their dependents and household members. From counseling to on-demand development and tips, Deer Oaks can provide resources that can help you to alleviate some of life's stresses.



FOR 24/7 ASSISTANCE: (866) 327-2400  
[www.deeroakseap.com](http://www.deeroakseap.com) / [eap@deeroaks.com](mailto:eap@deeroaks.com)

(username: clemson / password: clemson)

## MARCH 2020 FEATURED ON-DEMAND SEMINAR RESOURCES

**Keep Calm and Carry On: Maintaining Your Composure During the COVID-19 Virus - Click [HERE](#) to view**



Recorded: March 2020



**Building Psychological Immunity During the Coronavirus Outbreak - Click [HERE](#) to view**

Recorded: March 2020

**Emotional Wellness: Building Better Mental Health – Click [HERE](#) to view**



Recorded: October 2019



**Healthy Mind Toolkit - Click [HERE](#) to view**

Recorded: May 2019

**Resilience: The Power to Succeed - Click [HERE](#) to view**



Recorded: February 2019

### Additional EAP Resources

•Mental Health Counseling • Work/Life Consultation • Legal & Financial Resources  
Parenting/Family Guidance • Crisis & Grief Management