



Deer Oaks EAP Services
Phone: 1-888-993-7650
Fax: (210) 615-2279



Deer Oaks EAP Services will be the City of Spokane's new provider for the Employee Assistance Program (EAP) effective April 1, 2023.

We are pleased to announce Deer Oaks will begin providing services to all City of Spokane full-time, benefited employees, qualified dependents and household members, **effective April 1, 2023**. The EAP benefit covers **8 short-term counseling visits** at no cost and is completely confidential.

Deer Oaks Clinicians have considerable expertise and clinical knowledge. They are well versed in helping clients of all ages, from young children to the elderly. These Clinicians are located at numerous, convenient locations.

The EAP can also assist with many other challenges to help you achieve work-life balance. Among these are stress, depression, anxiety, workplace difficulties, substance abuse, marital problems, family or parenting conflicts, grief, violence, and unhealthy lifestyles. The EAP can provide additional assistance, tools and/or referrals for the following:

- ✓ Childcare and Eldercare Resources with Referral(s)
- ✓ Vacation Planning
- ✓ Financial and Legal Issues
- ✓ Free Interactive Online Simple Will
- ✓ Retiree Assistance
- ✓ ID Recovery
- ✓ Credit Report
- ✓ Reimbursed Ride (Cab, Uber, RideShare, Lyft) – limited annual benefit

Deer Oaks EAP is available when you need it; 24 hours a day, 365 days a year. Deer Oaks will coordinate our Health Plans for cases that are not EAP appropriate and require treatment under your medical benefit.

Beginning on **April 1, 2023**, for additional information or a referral to a provider located nearest you, please call the EAP @ **1-888-993-7650**

Online tools are available @ www.deeroakseap.com Login & Password = **spokane**

Resources can also be accessed via **iConnectYou** app (code = **247363**)

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