

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

November 2022

THE EMPLOYEE NEWSLETTER



[Read and Download](#)

THE SUPERVISOR NEWSLETTER



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DID YOU KNOW?

Your EAP Offers Short-Term Counseling.

We understand that life can be hectic and demanding. We also understand that issues such as anxiety, depression, substance abuse, legal/financial difficulties and marital/family stressors can add further stress to your already busy life.

You may speak with one of our professional counselors 24 hours a day, 7 days a week by calling the toll-free Helpline. The counselor will assess your needs, provide a clinical assessment if appropriate and make recommendations for assistance. If in-person counseling is suggested, the counselor will locate an appropriate provider in your area and provide you with his/her contact information within two business days of your call. You may then contact the provider to schedule an appointment at a time that is convenient for you.

Features:

- 24/7 access to an experienced counselor via the toll-free Helpline or iConnectYou App
- Telephonic needs and clinical assessments
- Confirmed referral for in-person counseling provided within 2 business day of the initial call
- Short-term counseling sessions available
- Counseling available in-person, telephonically, online or video
- Services are completely confidential
- Available to you and your family members

Call the toll free hotline 888-993-7650 to start a consultation.



WANT TO LEARN MORE ABOUT THE EAP PROGRAM?

If you missed joining an *Introduction to the EAP* session, or you are new to the University and want to learn more about the EAP, you can access recordings of the employee and supervisor/manager sessions on the **EAP website**.

UConn OCTOBER WEBINARS

Managing Stress of the Holidays

The holidays are a joyous time for many but can come with additional activities and responsibilities that can be quite stressful. As we near the Holiday season, this practical presentation provides several helpful tips and strategies for managing our stress and keeping our lives in balance during this important time of the year.

Wednesday, November 9, 2022
12:00pm – 1:00pm

Get the Meeting Link Here

Monthly Mindfulness Series: Mindfulness for Healthy Eating

Is the feeling of having eaten something without realizing it familiar to you? Have you ever found yourself picking at something just out of boredom or stress? Mindfulness can help us maintain healthier eating habits in a simple way: by being more aware of what we eat.

Tuesday, November 15, 2022
12:00pm – 1:00pm

Get the Meeting Link Here

2022 Supervisor Excellence Webinar Series

Transitioning from Staff Member to Supervisor

Making the transition from being a staff member to a supervisor brings unique challenges. This important session will provide new supervisors with several practical strategies to help them successfully transition into their new role. Covered topics include the management of existing relationships, the setting of appropriate professional boundaries, and coaching/performance management techniques.

Register for this session and all the remaining session of this quarterly webinar series.

Date: Monday, November 14th, 2022
Time: 2:00 – 3:00 EDT

REGISTER



DEER OAKS SEMINARS

NOVEMBER ON DEMAND SEMINAR

The Sandwich Generation at Work

Caring for children and parents.
Find out some practical and effective
strategies to balance your work and personal life.

Available on-demand starting November 22nd
at www.deeroakseap.com.



Human Resources

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