

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

SEPTEMBER 2023

Employee Enhancement Newsletter



[Read and Download](#)

Supervisor Enhancement Newsletter



[Read and Download](#)

DID YOU KNOW?

Your Employee Assistance Program (EAP) Offers Free Legal Advice & Consultations.

If your life, or the life of a family member has been impacted by a legal issue, you may need the expert counsel of an attorney. Your EAP can help with a free consultation with a qualified attorney either on the phone or in person. Online support is also available with legal forms, a library of legal articles, even a simple will. Call or visit us online to get the legal answers you need.

Available Features

- Free 30 minute telephonic advice consultation with an attorney
- Free 30 minute in-person consultation with a plan attorney
- 25% discount off of hourly attorney fees if additional legal support is needed
- Online library of articles, tip sheets and legal FAQs
- Nearly 100 do-it-yourself legal forms available online
- Interactive online simple will preparation
- No limit to the number of times you can use the service for different issues



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](#).

PROFESSIONAL & PERSONAL DEVELOPMENT

UConn September Webinar

Talking About the "S" Word

National Suicide Prevention Week begins with World Suicide Prevention Day on September 10 and lasts through Saturday September 16th, 2023.

One in five adults say that they have had suicidal thoughts at some point in their lives. Yet, it remains a topic that many struggle to talk about openly, and stigma is commonly thought as the reason help is not accessed when emotional support is needed. In addition, many people feel uncomfortable when having difficult or raw conversations in the fear that they may say or do the wrong thing.

Thursday, September 14, 2023
12:00pm – 1:00pm
[Register for Session](#)

DEER OAKS SEMINARS

SEPTEMBER ON DEMAND SEMINAR

The Gratitude Habit

Starting a new habit can be transformative. Choosing gratitude can help improve your optimism and appreciation. This session will cover how to build a gratitude habit in our daily lives.

Available on-demand starting September 19th.
at www.deeroakseap.com.



Human Resources

Allyn Larabee Brown Building
9 Walters Ave.
STORRS, CT 06269-5075
Phone: 860.486.3034
hr@uconn.edu
hr.uconn.edu

Deer Oaks EAP Services

Helpline: 888-993-7650
Web: www.deeroakseap.com
Email: eap@deeroaks.com

Need the UConn Deer Oaks EAP website username and password?

Go here: hr.uconn.edu/uconn-eap-deer-oaks/

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