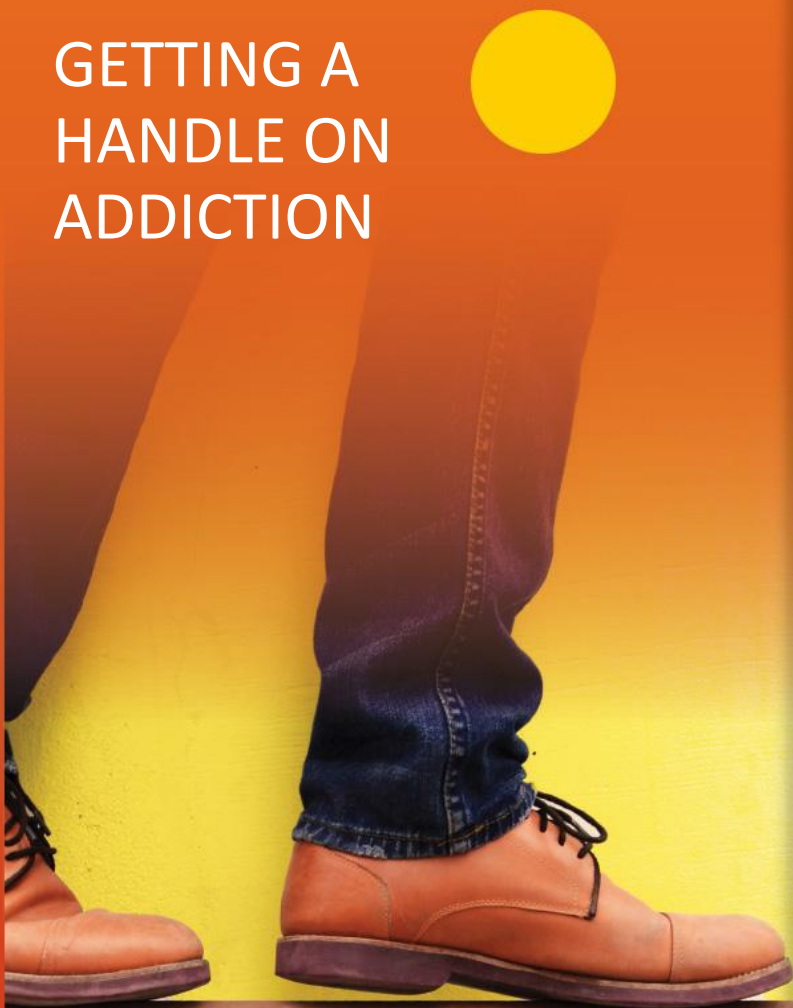


# WHAT IS MY FIRST STEP

GETTING A  
HANDLE ON  
ADDICTION



If you or someone you care about is struggling with an addiction to a substance or behavior, your EAP is here to help. Information and resources are available to help you find the support you need.

TOLL-FREE: **866-327-2400**

WEBSITE: [www.deeroaks.com](http://www.deeroaks.com)

Available anytime, any day, your EAP is a free, confidential program to help you balance your work, family, and personal life.

## WEBINAR

**Identifying Signs of  
Addiction in a Loved One**

Oct 21 — 12 pm, 2 pm ET

There are key signs to consider if you think a loved one may have an addiction. This webinar will provide an overview to this complex situation and options to consider when looking for help.



DEER OAKS EAP SERVICES