

New Vendor for CUNY Work/Life Program



The City University of New York has a deep concern for the well-being of all its employees, and realizes that we are not always prepared to handle some of the challenges we encounter in our lives. To help employees and their families balance the demands of their work and personal lives, the University offers **free, confidential assistance** to its employees and their families through the **CUNY Work/Life Program**.

Effective **May 15, 2015** the CUNY Work/Life Program will be administered by the **Deer Oaks Employee Assistance Program (EAP)**, who will provide EAP services for all employees of CUNY and their family members. Among other things, your EAP benefit includes **8 confidential short-term counseling visits** at no cost to you or your dependents. Deer Oaks EAP has numerous convenient locations, and its professional counselors have considerable clinical expertise and are knowledgeable and experienced in helping clients of all ages, from young children up to the elderly.

The CUNY Work/Life Program administered by Deer Oaks EAP can assist you with many different types of challenges, including:

- ✓ Childcare and Eldercare
- ✓ Financial and legal issues
- ✓ Substance abuse
- ✓ Free interactive online simple will
- ✓ Retiree assistance

Beginning **May 15, 2015**, for information or referral to a provider near you, please call Deer Oaks EAP toll-free at **1-888-993-7650**. Online tools are also available to you at www.deeroaks.com, login & password **CUNY**.

CUNY is committed to the health and well-being of its employees and their family members, and encourages you to visit the website and learn more about the CUNY Work/Life Program administered by Deer Oaks EAP and how it can help you and your families.