The Office of Human Resources understands that these are difficult and unprecedented times. We know for many, as a result of CO-VID 19, daily challenges in addition to work such as parenting, personal commitments, household responsibilities and other tasks can make life demanding, stressful and overwhelming.

The Clemson University Employee Assistance Program, provided through Deer Oaks, offers 24/7, confidential services to all employees as well as their dependents and household members. From counseling to on-demand development and tips, Deer Oaks can provide resources that can help you to alleviate some of life’s stresses.

FOR 24/7 ASSISTANCE:  (866) 327-2400
www.deeroakseap.com / eap@deeroaks.com
(username: clemson / password: clemson)

MARCH 2020 FEATURED ON-DEMAND SEMINAR RESOURCES

Keep Calm and Carry On: Maintaining Your Composure During the COVID-19 Virus - Click HERE to view

Building Psychological Immunity During the Coronavirus Outbreak - Click HERE to view

Emotional Wellness: Building Better Mental Health – Click HERE to view

Healthy Mind Toolkit - Click HERE to view

Resilience: The Power to Succeed - Click HERE to view

Additional EAP Resources
• Mental Health Counseling • Work/Life Consultation • Legal & Financial Resources
• Parenting/Family Guidance • Crisis & Grief Management