

HOW TO ACCESS YOUR Employee Assistance Program (EAP) WEBSITE

Using the Internet Explorer browser, please type in <https://www.txdfpseap.com/>

Services are always confidential and are provided at no cost to you, your dependents, and household members. Your EAP provides 24/7/365 professional consultation and referral to assist with a wide spectrum of work, family, and personal issues.

Log in to access the home page, request a training, view training and webinar catalogs, online seminar list, and access promotional materials.

DFPS Texas Department of Family and Protective Services

Employee Assistance Program

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The EAP is:
Confidential
Available 24 hours per day, 7 days per week, 365 days per year
Paid for by DFPS at no cost to the employee and their family/household members

DFPS Council Member
Renatta Kost
DFPS Statewide Wellness Coordinator
713-319-5778 Renatta.Kost@dfps.state.tx.us

Accessing your EAP is Easy

Phone: 1-888-993-7650
Teen Helpline: 1-800-396-2467
TTY/TDD access: 1-800-735-2989
iConnectYou Code: 21306

Web: www.txdfpseap.com
Login/Password: DFPS (case sensitive)

DEER OAKS EAP SERVICES

[Login Here](#)

DFPS recognizes that its employees are its most valuable resource.
In order to complete any form, please download the PDF file.

PDF [Submit a Training or Webinar Request through JIRA](#)

PDF [Deer Oaks 2020 Training Catalog](#)

PDF [Deer Oaks EAP Promotional Materials](#)

PDF [JIRA How to Guide](#)

PDF [Deer Oaks 2020 Webinar Catalog](#)

PDF [2020 On-Demand Seminar Calendar](#)

PDF [Accessible EAP Training Request Form](#)

PDF [Deer Oaks 2020 Webinar Series Flyers](#)

PDF [Authorization to Obtain/ Exchange Attendance Information](#)

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Submit a Training or Webinar Request through JIRA Deer Oaks 2020 Training Catalog 2020 On-Demand Online Calendar Deer Oaks EAP Promotional Materials

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Click on the “Login Here” box to access the EAP Homepage for information and resources:

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DEER OAKS EAP SERVICES

Login Here

Type in your username and password – DFPS (Capitalized letters only):

DEER OAKS EAP Services

HOME ABOUT US PRODUCTS & SERVICES WHY DEER OAKS? REQUEST A QUOTE PROVIDERS CONTACT MEMBER LOGIN

Member Login

Please enter your *Username* and *Password* to access Work Life Services.

Username
DFPS

Password

Caps Lock is on

LOGIN

Passwords are case sensitive

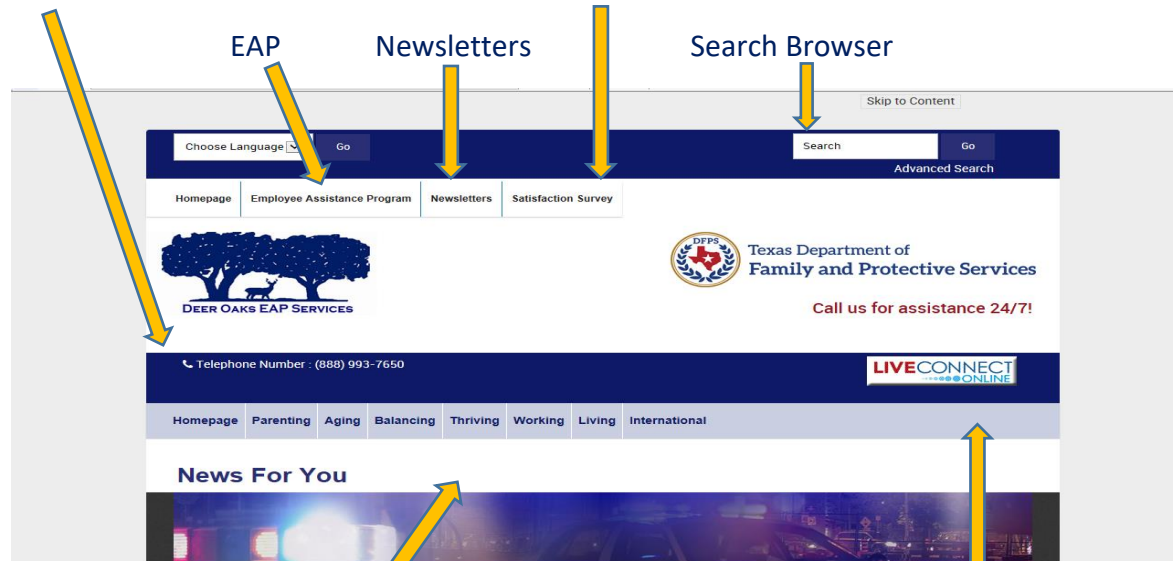
Type DFPS here.

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Homepage:

Toll-free Phone #

Satisfaction Survey



Work/Life Resource Categories

LiveConnect "Chat"

- Parenting
- Aging
- Balancing
- Thriving
- Working
- Living
- International

[Read the Full Article](#)




ONLINE SEMINARS

Online Seminars are an interactive learning experience you can view at your convenience. Learn about upcoming Online Seminars or browse the On Demand archives.

[Read More:](#)

Online Seminars




TAKE THE HIGH ROAD

Take a Cab and Send the Bill to Us!

[Read More:](#)

Take the High Road Program



IDENTITY THEFT ASSIST

Through the Financial Assist Program, victims of identity theft can receive telephonic consultation that will help them to recover from, and minimize the impact of, a breach of their identity.

[Read More:](#)

Identity Theft Assist

Legal/Financial +

Legal & Financial Resources

WILLMAKER Plus

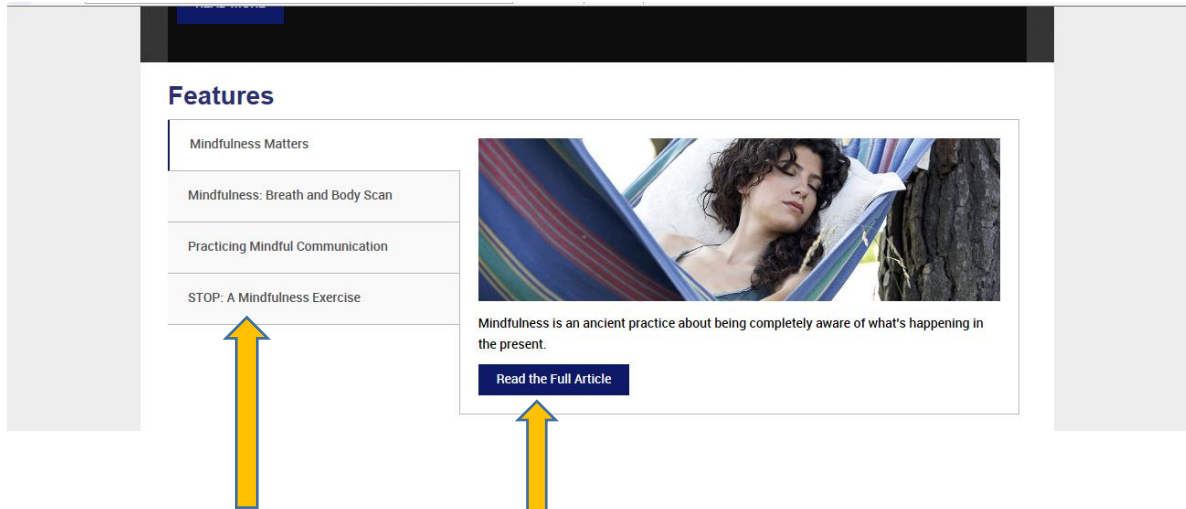
Credit Karma

100 Legal Forms

Mint.com (financial tools)

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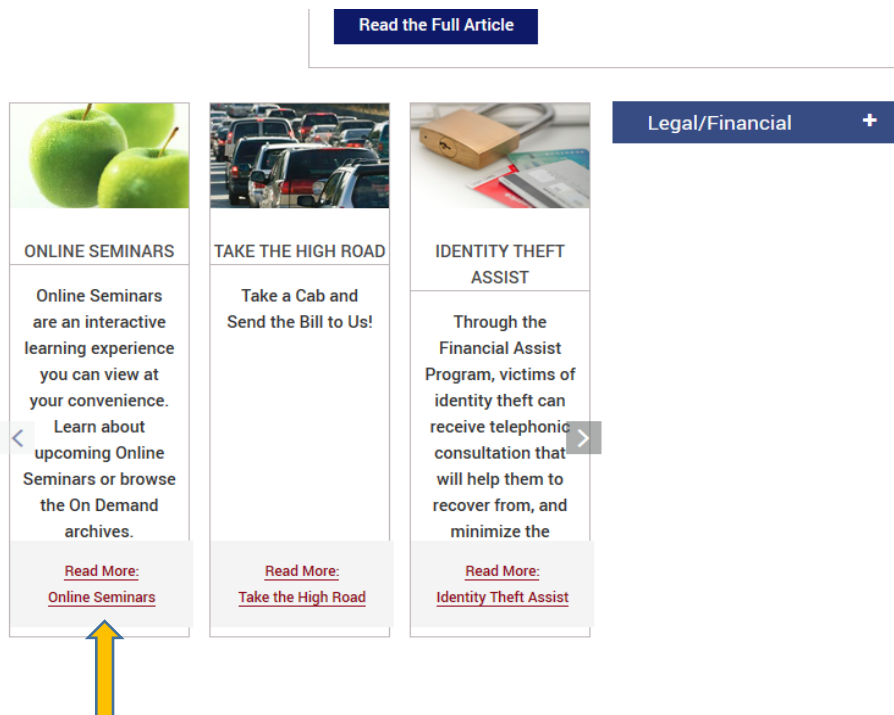
Monthly Articles: To access the monthly online articles, once logged onto the home page, access featured articles by clicking on the title and then clicking on Read the Full Article.



Click on title to open article

Click on Read the Full Article

Locating Archive Seminars: In the home page under Online Seminars, click on the “Read More Online Seminars” to access the upcoming and past online seminars



Click on Read More Online Seminars

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Online Seminars

Upcoming On Demand Online Seminars

10/15/19—Emotional Wellness: Building Better Mental Health
11/19/19—The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving
12/17/19—Examining Relationships: Healthy vs. Unhealthy

Centers

> Legal/Financial

View past On Demand Online Seminars below.

2019

Maximizing Your Day: Effective Time Management
Effective Budgeting
Making a Life While Making a Living: Work-Life Balance
Mindfulness Matters
Healthy Mind Toolkit
Restore Your Resilience After the Terrorist Attack (for Employees)
Rebuilding Your Team's Resilience in the Aftermath of a Terrorist Attack (for Managers)
Understanding Resilience
Interpersonal Communication: Social Skills for Success
#BalanceforBetter (International Women's Day 2019)
Mental Health Drives Performance (for Employees)
Building Positive Relationships at Work

2018

Say What You Mean the Right Way: Healthy Forms of Communication
Caring for Aging Relatives

Click on the title of interest

Maximizing Your Day: Effective Time Management

Centers

> Legal/Financial

Available on demand September 17, 2019

If time management was so easy to accomplish on one's own, then why do many feel so overwhelmed? This session will provide a basic explanation of the time management process and the characteristics of effective time managers. It will discuss the importance of prioritizing important events, and explore the role of delegation and communicating delegation requests with others. Time management is a learned skill. It requires self-discipline and a desire to become conscious of how one manages one's daily activities.

You do not need to register in advance to attend Online Seminars at a set time. Seminars will be prerecorded and uploaded on the third Tuesday of each month. At any time while viewing the Online Seminar, if you have questions about the seminar, please type them into the "Ask a question" box located to the left of the video window. You will receive an emailed answer within 5 business days.

Click here to view *Maximizing Your Day: Effective Time Management*.



Click the Adobe PDF icon to the left to view this Online Seminar's presentation slides.



Click the Adobe PDF icon to the left to view this Online Seminar's presentation notes.

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