

# HELP

HELP | Employee Assistance

## EMPLOYEE ASSISTANCE PROGRAMME

For confidential, independent and unbiased information and guidance from a team of trained wellbeing and counselling practitioners,

**contact us on 0800 028 5148**



# Confidential support

## 24 hours a day, 7 days a week

### HOW CAN WE HELP YOU?

---

Emotional, health and social problems can affect many of us from time to time. They can cause great personal distress and affect our quality of life, both at home and at work. The Employee Assistance Programme (EAP) provides professional support and guidance for employees experiencing such issues.

### CONFIDENTIALITY

---

Employees can trust that the Employee Assistance Programme treats all information confidentially whether obtained directly or indirectly.\*

The employee assistance programme is provided by an external company and is bound by the professional code of ethics of the British Association for Counselling & Psychotherapy and the Employee Assistance Professionals Association.

### THE EAP

---

If you are experiencing issues either at home or at work, the Employee Assistance Programme (EAP) is on hand to provide you with expert guidance. Our team of wellbeing and counselling practitioners offer confidential, independent and unbiased information and guidance.

We provide this in a range of ways – by telephone, on-line and through face-to-face appointments. We are available at any time of the night or day, 365 days of the year.

You can contact the Employee Assistance Programme by calling **0800 028 5148**.





## The employee assistance programme offers support and information on:

### HEALTH & WELLBEING



- Mental health
- Physical health
- Bereavement
- Alcohol & drug misuse
- Trauma

### MONEY WORRIES



- Debt
- Gambling
- Financial Wellbeing

### CARERS



- Childcare
- Eldercare

### CONSUMER & LEGAL



- Family
- Neighbours
- Crime

### FAMILY & HOME



- Relationships
- Children
- Social

### WORK / LIFE



- Bullying & harassment
- Career / job stress
- Management support
- Sickness absence
- Work / life balance
- Personal effectiveness

\*Confidentiality may be compromised in exceptional circumstances only. For example, where the employee is assessed as being a harm to themselves or to others, or is allegedly involved in a serious crime or where the law requires a disclosure. Should any of these situations occur we will always strive to discuss it first with the employee.