

Helping life run smoothly

The Employee Assistance Programme (EAP) provides a range of services designed to help organisations meet their duty of care obligations. It gives your employees access to confidential support, assistance and counselling to help them deal with a range of life events and challenges.

THE SERVICES AVAILABLE TO YOUR EMPLOYEES INCLUDE:

- **A 24-hour telephone support helpline** – available 24 hours a day, 365 days a year
- **Online support** – My Healthy Advantage app includes enhanced features such as personalised newsfeed, support, weekly mood trackers, breathing techniques, BrightTV, four week health plans and mini health checks
- **Face-to-face counselling** – includes up to 8 sessions of face-to-face counselling, including online Cognitive Behavioural Therapy (CBT) where clinically appropriate
- **Medical information** – qualified nurses are on hand to offer information on a range of medical or health related issues
- **Access to legal, financial and consumer information**
- **Support for managers** – telephone support and guidance to help managers deal with workplace challenges



Health & lifestyle

- Physical health
- Mental health
- Rehabilitation
- Addiction
- Cancer survivorship
- Terminal illness



Legal information

- Debt and financial support
- Probate and wills
- Legal queries
- Caring for a dependent
- Buying a new home
- Separation and divorce



Home life

- Relationships
- Bereavement and loss
- Childcare
- Domestic abuse
- Identity and LGBT
- Discrimination



Work life

- Returning to work
- Bullying and harassment
- Redeployment
- Redundancy
- Retirement
- Stress

The EAP is provided by **health assured** a leading provider of EAPs in the UK