

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



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



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

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

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