

PERSONAL

- Emotional wellbeing
- Managing stress
- Anxiety and depression
- Disability and illness
- Substance and alcohol misuse
- Addictions and compulsive behaviours
- Personal development

WORK

- Work-life balance
- Bullying and harassment
- Workplace pressure
- Managing change
- Workplace relationships
- Careers

FAMILY & RELATIONSHIPS

- Child care
- Education
- Elder care
- Juggling work and family life
- Caring for others
- Domestic violence or abuse

DAILY LIVING

- Consumer rights
- Health and wellness
- Debt and money management
- Relocation
- Community resources

LIFE EVENTS

- Pregnancy and new baby
- Adoption
- Marriage and cohabitation
- Separation and divorce
- Moving home
- Bereavement and loss
- Retirement

These are examples of the topics covered and not an exhaustive list. You can contact the EAP for support on anything that matters to you.

Life – there's a lot to juggle. Work, family, relationships, finances, health, the list goes on. Sometimes, meeting the demands of your work and personal life can be a real challenge.

Your employer recognises this and has provided you with an Employee Assistance Programme (EAP) to help take the strain when you need some extra support. Your EAP can save you time and help reduce stress and anxiety, improving your wellbeing and freeing you up to focus on other things.



SERVICE OVERVIEW

- Available 24 hours a day, 7 days a week, 365 days a year
- Accessible by phone, e-mail, instant messaging and website
- No cost to you
- Assistance with any work, personal or family issues
- Professional consultation, short-term counselling, information, resources and referrals to services in your local area
- Confidential and independent from your employer
- No limit to the number of issues you can gain support on

ONLINE SUPPORT

Support is also available on your EAP website. Simply log on with your organisation's user name and password to access:

- An extensive range of articles, tips, links and searchable databases
- LiveConnect – instant messaging with an information specialist/counsellor
- Online Seminar Events – new events added to the site monthly and recorded for any time access
- Financial Centre – information resource; all the best financial tools and content in one convenient place



AROUND-THE-CLOCK, FREE, CONFIDENTIAL ASSISTANCE

ACCESS IS EASY

No matter when, no matter where, you have access to professional support to help you balance your work, family and personal life.

CONTACT US NOW TO GET STARTED.

FREEPHONE: 0800 243 458

E-MAIL:

assistance@workplaceoptions.com

WEBSITE:

www.eapdirect.co.uk

USER NAME: username

PASSWORD: password

OUTSIDE THE UK:

+44 (0)20 8987 6550