



Support your mental health and wellbeing with our Employee Assistance Programme (EAP)

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for a range of different issues



A telephone helpline available
24/7, 365 days a year

Simply call

03303 800658*

(or **0800 023 9324** free from any
standard UK landline or mobile)



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SCAN ME

Resources include:



Telephone
helpline



Debt and
financial advice



Downloadable
self-help workbooks



Podcasts,
blogs and more



The Employee Assistance Programme (EAP) offers you:



Support, advice, and information to help with your mental health and wellbeing



Independent confidential counselling support provided by caring and suitably qualified personnel



Assistance with many different issues including Relationships, Finances, Family Difficulties, Anxiety, Bereavement, Stress, Depression, Workplace Issues, and Trauma



Confidential support for any of life's challenges no matter how big or small

The EAP service complies with Employee Assistance Professionals Association standards of practice and professional guidelines for EAPs and to the standards of the counsellors' professional bodies

All counsellors and psychotherapists are members of their relevant professional body