

Your Free & Confidential Employee Assistance Programme

WorkplaceWellness™



Information, advice & support
24 hours a day

Contact us on
0800 111 6387
www.my-eap.com/login



LIFE HAS ITS OBSTACLES: We're here to help you overcome them

Your employer has provided you with a **free** and **confidential** support service, offering you unlimited access to advice & information and coaching & counselling where appropriate. Available 24 hours a day, 365 days a year, the service is here to help you manage all of life's events and support you through the challenges. Our expert advisers are here to help, whenever you need us. Support on the telephone, online and face to face.

WORK / CAREER

- Starting a new role
- Responsibility
- Promotion
- Setting Objectives
- Reaching Potential
- Developing Skills
- Change

HOUSING

- Buying & Selling
- Mortgages
- Renting
- Tenancy
- Emotional Impact
- Agents & Solicitors
- Neighbour Disputes
- Residential/
- Nursing Homes

RELATIONSHIPS

- Getting it Right
- Moving in Together
- Marriage
- Joint Finances
- Civil Partnerships
- Starting a Family
- Communication
- Dependent Care

CHILDREN

- Planning
- Pregnancy
- Birth
- Pre-School
- Care
- Teenagers
- Education
- Adoption / Fostering

MONEY

- Debt Management
- Creditors
- Financial Health Check
- Budgeting
- Consolidation
- Entitlements

EMOTIONAL SUPPORT

- Workplace Pressure
- Anxiety
- Depression
- Stress
- Loss
- Sexual Identity
- Self Esteem
- Neglect

YOUR RIGHTS

- Benefits
- Tax Credits
- Flexible Working
- Legal
- Maternity
- Disability
- Consumer Rights
- Housing

HEALTH & WELLBEING

- Fitness
- Nutrition
- Healthy-Heart
- Weight Management
- Alcohol
- Smoking
- Stress Management

MANAGEMENT SUPPORT

- Managing Change
- Mediation
- Coaching
- Training
- Conflict Resolution
- Communication
- Supporting the Employee
- Delivering the Message

RETIREMENT

- Preparation
- Change
- Relationships
- Staying Active
- Benefit Entitlement
- Wills

CRISIS

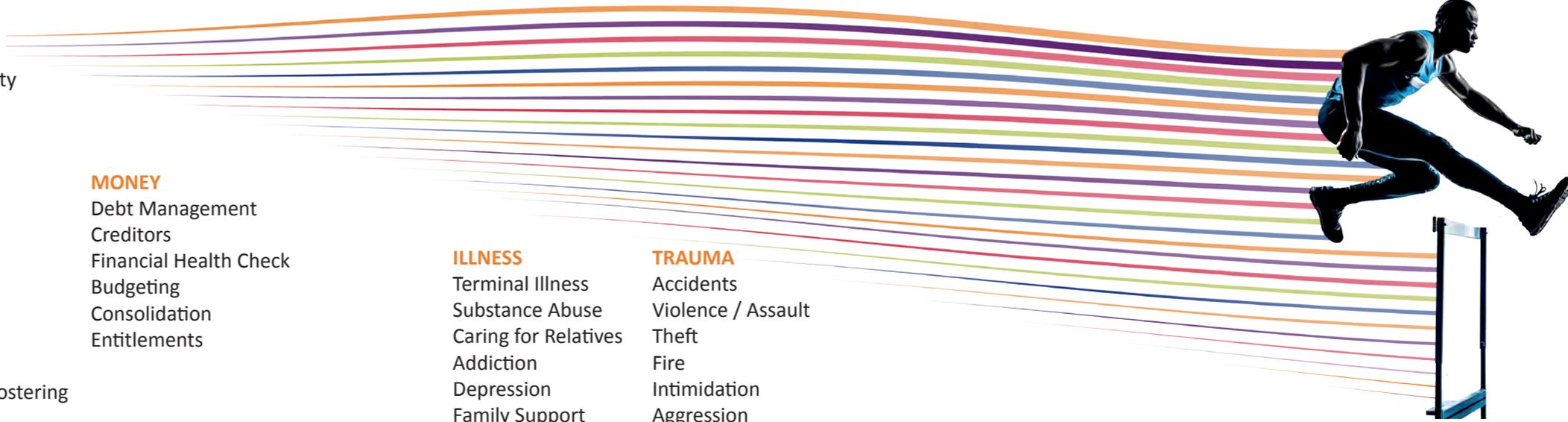
- Divorce / Separation
- Bereavement
- Conflict
- Abuse
- Miscarriage
- Bankruptcy
- Harassment
- Bullying

ILLNESS

- Terminal Illness
- Substance Abuse
- Caring for Relatives
- Addiction
- Depression
- Family Support
- Financial Support

TRAUMA

- Accidents
- Violence / Assault
- Theft
- Fire
- Intimidation
- Aggression
- Death



Workplace Wellness currently support over 800,000 UK based employees of organisations spanning all industry sectors.

As an organisational Member of BACP we are bound by a strict Ethical Framework for Good Practice in Counselling and Psychotherapy.

We are fully compliant with GDPR.

Contact us 24 hours a day, confidential and free of charge
from UK Landline: **0800 111 6387**
from abroad: **+44 845 330 5132**

Text phone users dial: **18001** followed by:
0800 111 6387

www.my-eap.com/login

For Management Support: **0800 111 6385**

