

# EMPLOYEE ASSISTANCE PROGRAMME

A 24-hour helpline from Health Assured to support you through any of life's challenges

- Stress & Anxiety
- Debt
- Work
- Lifestyle Addictions
- Relationships
- Legal

Call the number below and quote  
**'Mental Health Charter'**  
free 24-hour confidential helpline  
for you and your immediate family

**0800 028 0199**

health  assured

## About your Employee Assistance Programme (EAP)

Sometimes it can be difficult to balance the pressures of work and home life. health Assured provide caring and confidential support to both you and your immediate family.

What can I use this service for?



Family  
issues



Legal  
information



Financial  
information



Medical  
information



Housing  
concerns



Relationship  
advice



Alcohol or  
drug issues



Stress &  
anxiety



Childcare  
support



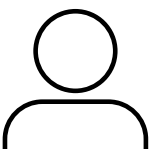
Low mood



Retirement



Domestic  
abuse



Consumer  
issues



Bereavement



Tax information

