



New Employee Assistance Programme

Balancing everyday life with the requirements of work and home can create pressures for all of us. Health Assured is delighted to announce that we have partnered with your employer to provide all employees with complimentary access to a new enhanced EAP (Employee Assistance Programme) to assist you in achieving this balance.

How can Health Assured help?

An EAP is an employee benefit designed to help you deal with any personal or professional problems which could be impacting on your general health and well-being. Health Assured is an independent, external organisation who work to a robust, professional code of conduct. Dependent on the nature of the issue, counselling or advice can be provided by fully qualified professionals. All calls are treated in the strictest of confidence and in line with The British Association of Counselling and Psychotherapy (BACP) code of ethics. The only time confidentiality may ever be broken is if we believe you or a third party is in significant physical danger.

Services Available

Health Assured offers a 24 hours a day, 7 days a week, 365 days a year:

Life Support

Unlimited access to counselling for emotional problems and a pathway to structured telephone counselling or face-to-face counselling sessions (employees only) at your convenience.

Legal information

For any issues that cause anxiety or distress including debt management, accountancy, lawsuits, consumer disputes, property or neighbour legalities.

Bereavement Assistance

Health Assured offers qualified and experienced counsellors who can help with grief and related stress plus a team of legal advisors to help with legal issues.

Medical information

Qualified nurses are on hand to offer advice on a range of medical or health related issues. They can't diagnose but can offer a sympathetic ear and practical information and advice.

CBT Online

We recognise the value of self-help tools in dealing with a range of issues, which is why we have a range of CBT self-help modules, informative factsheets and invaluable advice videos from leading qualified counsellors.

**Immediate family is classed as your legal partner and children aged 18-24 in full time education residing in the same household.*

Wellbeing Portal:

Wellbeing resources at your fingertips designed to quickly inform and assist with a number of common corners ranging from stress to diet. Helpful fitness and wellbeing advice,

Four week self-help programmes

Mini health checks