

health assured

## Employee Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.



Free 24 Hour Confidential Helpline

health assured

Your healthy  
advantage
















Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB  
Registered in England. No 6314620

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# About your Employee Assistance Programme (EAP)

Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring support to both you and your immediate family so you can give your best in life.\*










## What can I use this service for?

|  |   |   |
|--|---|---|
|  Family issues          |  Financial information |  Legal information |
|  Medical information    |  Relationship advice   |  Housing concerns  |
|  Alcohol or drug issues |  Childcare support     |  Stress & anxiety  |
|  Low mood               |  Domestic abuse        |  Retirement        |
|  Consumer issues        |  Tax information       |  Bereavement       |

## 24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

Online Health Portal: [healthassuredeap.com](https://healthassuredeap.com)

|   |  |  |
|---|--|--|
|  Webinars            |  Health e-Hub app   |  Four-week programmes |
|  Nutritional advice  |  Health checks      |  Fitness advice       |
|  Financial wellbeing |  Medical factsheets |  Budgeting            |

## Employee Assistance Programme



- Stress & anxiety
- Debt
- Work
- Lifestyle addictions
- Relationships
- Legal

FREE 24 HOUR  
Confidential Helpline

[healthassuredeap.com](https://healthassuredeap.com)

Download the Health e-Hub now



\*Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full time education, living in the same household.