

Confidential information
and counselling

Employee Assistance Programme

Your Employee Assistance Programme (EAP) from Life & Progress is here to help you.

The service provides practical information, resources, and counselling to help you balance your work, family and personal life.

Available no matter when or where, anytime, any day, support is just a telephone call away - or find support online. There is no limit to the number of calls you can make, and no cost to you for using the service.



Health and wellbeing advice



Tackling stress and anxiety



Around-the-clock support



Work-life balance



Counselling

You are encouraged to contact the service as soon as an issue presents itself and before matters become more serious. The service can offer support to help you cope successfully with life events, helping you stay happy, healthy and fully focused on life and work.

Accessing the service

The service can be accessed at any time on the Freephone number below. Upon speaking to a trained service representative, you will be supported and they will help you determine the best course of action to resolve your issue.

You may benefit from simply talking with the service representative, or you may wish to receive more specialist support or counselling.

Whatever your situation the service will help – and if appropriate, put you in touch with an expert who will assist you with the issues

Issues covered

Information and offer support on a wide range of work, family and personal issues, including but not limited to:

- Health and wellbeing information
- Everyday living - specialist information and guidance
- Personal performance and time management
- Workplace pressure
- Stress, anxiety and depression
- Psychological and emotional issues
- Marital, family and relationship difficulties
- Bereavement and loss
- Childcare and parenting challenges
- Elderly and disability care
- Debt counselling and budget management
- Traumatic incidents or life changing events
- Work-life balance



SUPPORT
365 days a

The service is available around-the-clock, 24/7, over the phone and online.

The service aims to answer your questions quickly and will also refer you to the most appropriate source of support, including counselling, legal, financial, childcare and consumer experts.

Life & Progress

Call us today in confidence
Freephone **0330 058 4885**

Support is also available online:
www.employeesupport.co.uk



SCAN ME