



EAP enquiries please call:
Freephone

0800 988 4345

Employee Assistance Programme

The Employee Assistance Programme or the '**EAP**' as its often referred to, is a package of professional services purchased by Employers to provide around the clock qualified support for the psychological and emotional wellbeing of their employees.

The core of the EAP is that of the highly qualified Counselling Service. The first point of contact is usually via the EAP 24 hour telephone counselling service which can be used by the employee for one to one telephone counselling and support.

If they require face to face counselling this can then be arranged. Full EAP packages contain either six or eight face to face qualified counselling sessions per employee per annum, and focuses on finding solutions to the presenting problems. It is practical, person centred and is intended to enable the employee to function more productively in their work.

All available levels of the Workforce Wellness EAP are confidential. Confidentiality is a paramount part of the EAP. All advisors and counsellors are bound by their Professional Code of Ethics.

The **Workforce Wellness EAP** can offer independent, confidential and experienced advice on a wide range of issues, including but no limited to:

- Work and performance issues
- Business and personal relationships
- Stress, anxiety and depression
- Managing pressure
- Emotional difficulties
- Alcohol and drug misuse
- Debt management and legal issues
- Family, childcare and parenting
- Divorce or separation
- Healthcare & wellbeing
- Eldercare
- Bereavement
- Consumer matters
- Traumatic incidents or life changing events

Please visit our website at:

www.workforcewellness.co.uk

EAP quotations are available upon request, simply email:
service@workforcewellness.co.uk

