

A full employee assistance programme (EAP) that is there for you 24/7

We believe that the best way to support you is by supporting your family as well. That's why the EAP service from Health Shield is available to you, your partner and your dependants* with access to a professional telephone service 24 hours a day, seven days a week through Health Assured.

There for you in times of need, Health Assured have qualified, experienced counsellors on hand to support you and focus on guiding you through stressful situations when you need it most. They help you to balance the pressures of work, home and your personal life when things become hectic and there are over 1,000 counsellors available nationwide should face-to-face counselling be of benefit to you.

*Dependants must be in full time education, aged 18 - 24 and living in the same household

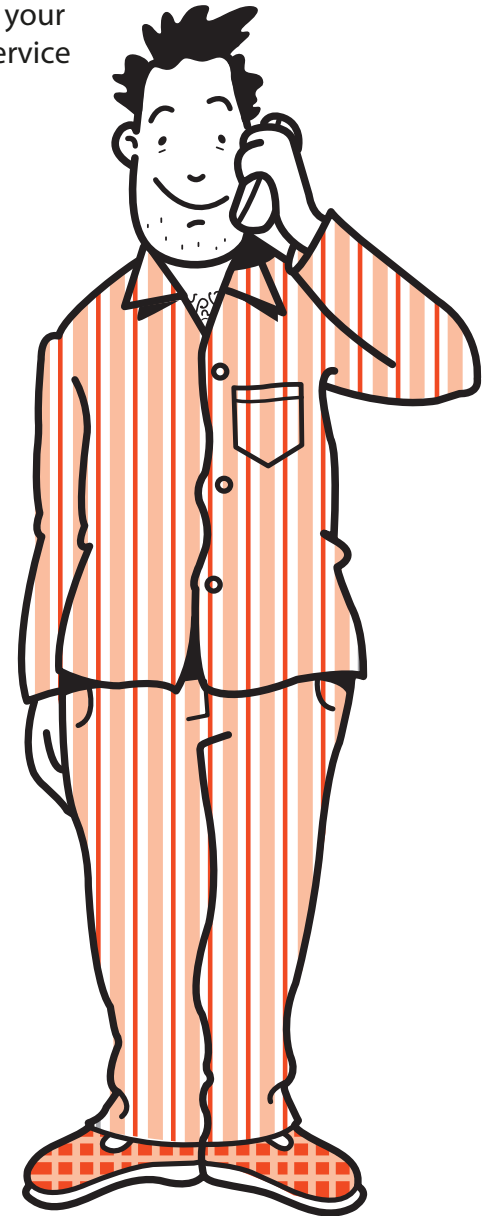
What's available?

- Emotional support
- Telephone counselling
- Practical information
- Up to eight face-to-face counselling sessions including cognitive behavioural therapy
- In addition to counselling support and advice, we also offer a virtual library of wellbeing information. These informative articles and self-help guides provide a range of health and advisory issues as well as instant guidance and support to aid with the improvement of an employee's physical and mental health

What can I get help with?

You can get help and advice and support on a range of subjects including:

- Debt
- Housing
- Consumer issues
- Adoption
- Family related matters
- Work related problems
- Domestic abuse
- Stress
- Medical information



Call 0800 028 1963 and quote your company name

Eight face-to-face counselling sessions are available in any 12-month period starting from the first session (if recommended by the telephone counsellor). The face-to-face counselling can be provided only to you. It is not available to your family. This service is provided by Health Assured.