

# Employee Assistance Programme

Find out how it can help you!



## Financial & legal worries

- Buying or selling a house
- Neighbour disputes
- Legal cases
- Debt advice



## Relationship advice

- Childcare
- Eldercare
- Separation
- Bereavement assistance



## Medical information

- Qualified nurses are on hand to offer advice on a range of medical or health related issues
- Travel medical advice



## Counselling & support

- Face to face counselling sessions (six for each issue)
- 24/7 telephone counselling
- Cognitive behavioural therapy & self-help modules

They're just a phone call away

**0800 975 3347**

