



Health



Supporting you when the everyday doesn't go to plan

Daily life can be full of challenges. Some might appear small, and some might seem too much to cope with. Our **Employee Assistance Programme** gives you someone to talk to and share your worries with to help you get through your problems.



We're here day and night

Your call is completely confidential; we're here for you for as many challenges as you may face.¹ When you call, you'll talk to one of our fully trained mental health practitioners who'll then put you through to the right type of support for your situation.



For whatever life throws at you

Our counsellors can help you with more serious concerns, such as; anxiety, stress, depression, loss or family and relationship matters. They'll offer initial emotional support, and determine whether short-term scheduled counselling is right for you. This can be done online, over the phone, via video, or face to face. Alternatively they'll point you towards the right professional help. Whatever is appropriate for you.

“ I can’t begin to tell
you how relieved
I was to know someone
was out there to support
and listen to me ”

AXA Health EAP member



Helping your home and work life

Through the LifeManagement™ service we can give you practical, impartial information on home and family issues, as well as financial and legal matters such as dealing with debt, buying a house or consumer rights.



The right support at the right time

Where short term counselling is our recommendation our clinicians will determine the sessions appropriate for your presenting condition, your company has allowed for up to sessions. Where long term counselling maybe required we will direct you to where best to get this support.



A healthy mind and body

We know how important your health is to you, so any medical concerns you might have can be worrying. Our Health at Hand¹ pharmacists, midwives and nurses are here to talk through your concerns, diagnosis or treatment. If you’ve a question on health, medication or vaccination guidance we’re here to help.



We’ll keep your worries private

Our service is completely confidential. We won’t tell your employer or anyone else that you’ve called. The very rare exceptions to this are if we believe an individual might be a serious risk to themselves or others, or where we have a legal obligation to pass on details.



Online help when you need it

From advice on work issues, to tips on budgeting wisely, to personal stories covering everything from our health to living with depression, you’ll find practical guidance online at **BeSupported**. You’ll also be able to access online counselling, for initial emotional support, or, you can email our LifeManagement™ team.

**Whatever your worry,
we can help you through it**

For support and guidance

Tel: 0800 072 7072

Textphone: 18001 0800 072 7072

Go to:

Username:

Password:

¹Our Employee Assistance Programme team and Health at Hand nurses are here 24/7, 365 days a year. Our pharmacists and midwives are available Monday to Friday 8am-10pm, Saturday 8am-4pm and Sunday 8am-12pm. Our LifeManagement™ team is available Monday to Thursday 8.30am-11pm, Friday 8.30am-8pm and Saturday 8.30am-4pm.