



Health

EMPLOYEE ASSISTANCE PROGRAMME

BeSupported

We can all benefit from a gentle reminder on how to maintain a healthy work-life balance or improve our mental wellbeing. Sometimes we need that guidance around our lifestyle, family or money issues. **BeSupported**, part of your **Employee Assistance Programme** is just a click away.



Online help when you need it

Whether it's a little thing or something more serious that's on your mind, we've got the support you need to work through it – online as well as over the phone, 24 hours a day, 365 days a year.

If you choose not to call this time, make sure **axabesupported.co.uk** is your first stop for personal support, information and resources.



Support at the touch of a button

If you find it easier to explore issues and feelings when you write them down rather than talking to someone, or you like the extra privacy of online contact, you can make use of online counselling.

Online counselling is also a good way to reach out for help if you have limited mobility or problems with your hearing. Or you can use online chat.



Everything in one place

From advice on work issues, to tips on budgeting wisely, to personal stories covering everything from men's health to living with depression, you'll find guidance to help you make informed decisions on lots of topics.

You'll also find full contact details for your Employee Assistance Programme, including our 24-hour phone number*.



Managers, we're here for you too

We know that looking after even a small number of people can be uniquely challenging. Learn how to approach difficult conversations around topics such as performance, redundancy, sickness absence, and pay.

Find out how to encourage someone to refer themselves for wellbeing support. Download guides on topics like supporting employees with cancer, managing positive attendance, and caring for the bereaved. All at **axabesupported.co.uk**

Whatever your worry, we can help you through it

For support and guidance from your Employee Assistance Programme

Phone

Lines are open 24 hours a day, every day of the year. The LifeManagement™ team are available between 8am to 11pm, Monday to Thursday, and 8am to 8pm, Friday. Our pharmacists and midwives are here 8am to 8pm, Monday to Friday, until 4pm on Saturday, and until 12pm on Sunday.

Go to

Username:

Password: