



# Health

EMPLOYEE ASSISTANCE PROGRAMME

# LifeManagement™

When we're living busy lives, it's easy to let things get on top of us. And it's equally easy to let important matters slip – especially if we're not sure how to deal with them. **LifeManagement™**, part of your Employee Assistance Programme, is here to help.



## Guidance on everyday life

From financial worries to consumer issues, housing concerns to care of the elderly, our team are here to listen, guide and support. They'll talk through your concerns and offer possible approaches to moving forward. They won't provide legal advice, but you can be confident they'll give you the means to make an informed decision on how to proceed.



## Put your worries in writing

Sometimes it's easier to put things down in writing. If that's you, don't worry: **LifeManagement™** is also available via **Be Supported**, our online platform. Just tell us your concern in an email, and one of the team will get back to you.



## An independent listening ear

When something's challenging you, it can really help to talk to someone who's not directly involved. Our consultants provide an independent 'listening ear', so you can talk through your concerns and find a way forward. They'll make sure you receive the emotional as well as practical support you need, and point you in the direction of other services they feel could help you further.



## Help for whatever life throws at you

Just like every service in your **Employee Assistance Programme**, **LifeManagement™** is completely confidential. Here are just some of the questions the team have helped with:

- Why is buying a house so stressful? How do I avoid the pitfalls?
- I've lost control of my teenager and I feel helpless. Am I?
- I'm struggling with caring for my elderly mother. Where can I get help?
- Can you help me gain control of my finances? I'm worried about debt.
- My child is being bullied at school. What can I do?

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

### For support and guidance from your Employee Assistance Programme

Phone

Go to

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.

Username:

Password: