

Employee Assistance Programme

Confidential support for you and your family



Feeling stressed? Work getting to you?

Need to speak to someone in confidence?

The Employee Assistance Programme¹ can help by offering support and guidance at a time that suits you - 24 hours a day, 7 days a week.

Call to speak to a qualified counsellor in confidence, or on any matters that are affecting you at home or at work.

Call on 0333 212 3148

¹ The Employee Assistance Programme is provided by Care first.

What can I use the Employee Assistance Programme for?

Counselling support 24/7

- You can call any time to speak to a professionally qualified counsellor. Available for you, your partner, spouse or dependent (between 16 and 24 in full time education)
- There is no limit on the number of times you can call and is completely confidential
- Should you need to, you will also have access to additional structured telephone counselling sessions, where a counsellor will spend the time you need on a particular issue (up to six structured sessions per condition)

Information service, with advice on a range of subjects, either work or personal related including²:

- Family crises like bereavement, disputes and caring for relatives
- Managing money, including budgeting, debt, pensions and savings
- Family life, including pregnancy, birth and raising children

Access to online services

- Online knowledge library – including access to a range of monthly webinars covering a number of different topics

²Lines are open Monday to Friday, 8am to 8pm.

How do I use the service?



Call the round-the-clock helpline:
0333 212 3148



Visit: carefirst-lifestyle.co.uk
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