

EMPLOYEE ASSISTANCE PROGRAMME

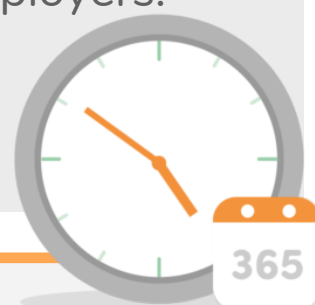


A **confidential and professional support service 24 hours a day.**

We all might need a **little extra support** from time to time - that's why, when you need somewhere to turn for confidential, impartial support, **we're here for you.**

If you don't feel comfortable discussing personal issues with your Managers, **don't be afraid** to use our Counselling Service.

It is **completely** confidential and **no information regarding your call or contents of the conversation** will be shared with your Employers.



All available to you!



Professional Lawyers
Childcare Specialists
Debt & E-Counsellors
Financial Specialists
Occupational Health Nurses
Management Support Consultants

Confidential Telephone Counselling Support

Up to 6 Face to Face Counselling Sessions

Qualified Advisers

Unlimited Online Resources

A Time That Suits You

24/7, 365 Days A Year

You can get support on:

- Depression, stress and anxiety
- Alcohol and drug abuse support
- Family issues and bereavement
- Relationship matters
- Signpost to local medical services
- Non-diagnostic medical queries
- Stopping smoking
- Support for overseas workers
- **Support with personal tax issues**
- Tenancy queries
- **Marital/divorce/custody disputes**
- Personal injury support
- **Consumer issues**
- Debt and Legal Support



For more on our Counselling service, visit our website:

<https://www.paycare.org/wellbeing-services/eap-helpline/>