

**Just some of the
Issues Covered:**

- Stress and anxiety
- Bullying & harassment
- Performance at work
- Managing Pressure
- Debt management
- Financial matters
- Family life
- Relationships
- Health & Well-being
- Child care & parenting
- Work-life balance
- Legal matters
- Bereavement
- Traumatic incidents
- and much more besides



Health Matters Monthly Newsletter

Issue Two

Monthly Newsletter

Personal Trauma eg. car accident, crime, domestic violence

Life can dish out some difficult challenges. If you have been through any kind of shock or trauma, you may be finding it hard to deal with some unexpected and unfamiliar feelings. There is a lot of valuable support out there to help you get through the difficult times and it's vital to know how and where to find it. Some of the following may apply to you:

I want to get out of this situation but I'm scared to leave. What should I do? If I leave, what will happen about money, access to the children, and so on? How do I find local support groups / safe places? I can't stop worrying about my child when they are at school. The memories of the accident are so vivid - will I ever be able to get into a car again? I'm so angry about what happened that I can't seem to get on with my life.

Your Employee Assistance Programme (EAP) is able to assist on any number of issues regarding the situation in which you find yourself - from the practical to the emotional. Your EAP can give you information on good, safe local resources and help you make contact in the appropriate way. Financial advice is available on any of the issues you are facing with regard to budgeting for altered circumstances. These range from finding out if you are claiming all the right benefits to helping you manage your income and outgoings more effectively.

You may just want to talk through some of the feelings you have about your experiences or perhaps you are struggling to make sense of something that has happened to you. Talking about difficult life events is an important part of moving beyond them.

Your EAP can help you prepare for and manage the issues and feelings you are likely to be facing. Your EAP is also available simply to listen to any concerns you may have.



Don't wait for the final
strand to snap, call us anytime
-
day or night
-
here to help

Freephone: 0800 169 9952

Free and Confidential

For Free & Confidential advice, information or personal support speak to your Employee Assistance Programme (EAP), provided by PPC Worldwide, on 0800 169 9952.

(ROI 1800 409476).

Whatever your concerns, call PPC any time, day or night, for informative, impartial discussion with one of their advisers.

Your EAP is here to help 24 hours a day, 7 days a week - confidential and free.

Minicom: 0800 0854739.

**Helping you solve life's
challenges....**

