



# Health Matters Assistance Programme



## Workplace Conflict

Most of us spend a considerable amount of our time at work, so when we experience conflict or bullying in the workplace it has a huge impact on our lives.

Disagreements between work colleagues can be commonplace within any given working environment and can actually be helpful in challenging ideas however conflict can occur if a disagreement escalates to the point where one or more parties perceives a threat to their wellbeing.

It is a common misconception that bullying is reserved for the school playgrounds, however bullying can occur in the workplace and can have a devastating effect if not dealt with properly.

The Employee Assistance Programme (EAP) is a useful resource for those people that experience such workplace conflicts. Asking for help is always encouraged, and all calls are treated as confidential. In fact, you can find many useful factsheets and self-help tools on the EAP website:

You may also find information on the HMAP Secure Website:

[www.hmap-online.co.uk](http://www.hmap-online.co.uk)

If you wish to discuss in confidence any concerns relating to this article or indeed any other concern, you can do so by calling:

**Freephone: 0800 083 7545**

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

*Just some of the issues covered...*

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

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Traumatic Incidents