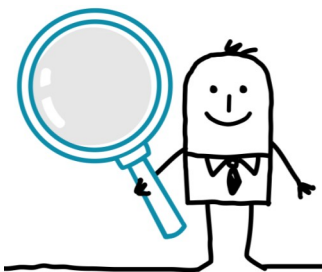


# Health Matters

# Assistance Programme

Employee Support Bulletin June 2012



*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

Bereavement

Traumatic Incidents

## Managing Debts



Sometimes debts can get out of hand leaving you feeling overwhelmed and even helpless. If this is the case for you, get advice quickly. It is important to act rather than to ignore the problem and hope it will simply go away.

There are many strategies for dealing with debt and the important thing is to take control. To explore the strategies available to you and to talk through 'managing debts' you should speak to the Employee Assistance Programme (EAP). The EAP has specialist Debt Counsellors on hand offering sound advice and help to get you back on track.

The EAP Debt Counsellors can also offer you emotional support in regards to facing your debt issues and the stress associated with having money worries.

You will also find useful information via the EAP website including downloadable factsheets, programmes and related links.

There are many issues the EAP can help you with from changes in your work or home life, health and wellbeing, family and relationship issues, stress, anxiety & depression through to debt counselling and budget management.

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



You may also find information on the HMAP Secure Website:

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