

# Health Matters Assistance Programme

Employee Support Bulletin October 2012



## Stoptober



Have you joined Stoptober and the thousands of people that are taking part in the new exciting 28 day challenge to stop smoking?

If you haven't done so already then please visit the Stoptober website for information:

<http://smokefree.nhs.uk/stoptober/>

There's lots of free support to help you along the way and the great news is that by stopping smoking for 28 days, you are five times more likely to stay smoke free!

Want to quit smoking? Did you know that you can also receive free information and advice on how to kick the habit from your Employee Assistance Programme (EAP). So whether you're a teen smoker or a lifetime pack-a-day smoker, the EAP is on hand to offer you further support.

**Please also remember that your  
Employee Assistance Programme is here for you  
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

Bereavement

Traumatic Incidents

You may also find information on the HMAP Secure Website:

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