

Health Matters

Assistance Programme

Employee Support Bulletin November 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

Are EAP's really confidential ?



Completely. Confidentiality is at the heart of the Employee Assistance Programme and the telephone advisors and counsellors are bound by their professional Code of Practice. When you contact the service, the only information you need to provide is the name of the organisation you work for. You do not even have to give your own name and you do not need to tell anybody else that you have used the service.

The ever increasing pressures and daily challenges of work and home life means there are bound to be times when things just get to be a bit much. We all have to cope with major events during our lives. Many of these are entirely predictable and, with a little forward thinking and some expert support, can be navigated successfully with minimum stress or worry. After all, good planning makes good sense.

Accessing the service

You are encouraged to contact the EAP as soon as an issue presents itself and before matters become more serious. Again, the service is totally confidential !

When you call the Freephone number you will immediately speak with a trained telephone advisor who will help you determine the best course of action to resolve your issue.

You may benefit simply from talking with the advisor, or may wish to receive more specialist support or counselling. Whatever your situation the EAP will help - and if appropriate, put you in touch with an expert who will assist you with the issues you are facing.



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk