



Health Matters Assistance Programme

Employee Support Bulletin December 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

Enjoy a Stress-Free Festive Season!



The festive season can be fun – buying presents, going to parties, seeing friends and family – but there’s no doubt it can be challenging too. Over-indulging, family pressures and high expectations of the ‘perfect Christmas’ can leave us all feeling a little jaded.

Your Health Matters Assistance Programme (HMAP) can provide free, practical information and support on a range of issues to help you get through the festive season:

- Surviving work parties and social events
- Budgeting and avoiding over-spending
- Consumer issues
- Enjoying family get-togethers
- Looking after your health and well-being
- Coping with loneliness, or loss of a loved one
- And more...



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk