

# EMPLOYEE SUPPORT BULLETIN

## MARCH 2009

### Employee Assistance Programme

#### Children with Special Needs

Being a parent of a child with special needs presents you with a unique set of challenges that can put more demands on your time and your emotional resources.

Some of the following issues and questions may be familiar to you:

**What benefits are available to help my child?**

**Are there any local support groups?**

**I need information on special needs education.**

**I'm finding it quite hard to cope with the stresses and strains.**

**My family don't understand the pressure I'm under.**

Your Employee Assistance Programme (EAP) can help you plan for your child and thereby remove some of the pressure.

Your EAP can locate support groups in your area that are suited to your specific needs. Or if it's information on special needs education you are after, your EAP can help with this too.

You may just want to let off steam or talk through how you are feeling. Being a parent to a child with special needs presents a unique set of challenges, but with the right support at the right time, life can be much easier. Independent advice is sometimes just what you need.

Your EAP offers you financial advice and can advise you on any of the issues you are facing with regard to bringing up a child. These range from finding out if you are claiming all the right benefits, to helping you manage your own finances more effectively.



**0800 169 9952**

#### Just some of the Issues Covered:

- Stress and anxiety
- Bullying & harassment
- Performance at work
- Managing Pressure
- Debt management
- Financial matters
- Family life
- Relationships
- Health & Well-being
- Child care & parenting
- Work-life balance
- Legal matters
- Bereavement
- Traumatic incidents
- and much more besides

#### Free and Confidential

Helping you solve life's challenges...

The Employee Assistance Programme is here to help. Call us on: **Freephone 0800 169 9952**



**24 hours a day, 7 days a week**

**365 days a year**

**Whatever your concern, call HMAP any time, day or night, for an informative, impartial discussion with one of our trained advisors.**

**All calls are kept confidential**

**Minicom: 0800 085 5739**