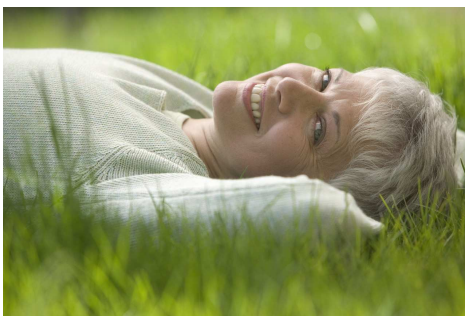




Health Matters Assistance Programme



Retirement

If you're thinking about retiring it can be a very exciting time, the start of a new chapter in your life and an opportunity to concentrate on things that you may not have had the time to do before.

It can also be a daunting period which can raise concerns about the future.

It's important to start preparing early for retirement. As well as money, you need to think about health and fitness, how you'll spend your time and where you'll live. Planning ahead can be difficult, but taking a small step today can make a big impact on your future.

There are many available support websites within in the public domain to help and support you, providing you with invaluable information and resource. You can also find information via www.hmap-online.co.uk (secure website).

Alternatively, you can **freephone** the HMAP on **0800 083 7545** and speak with one of the professionally CAB trained advisors.

Remember the service is completely confidential. The only information you have to provide when contacting the service is the name of the organisation you work for. In calling the service to talk about any concerns or issues you may be facing, you do not have to give your own name and you do not need to tell anybody else that you have used the service.

So whether you wish to talk about changes in your work or home life, managing pressure, stress, anxiety or depression, marital, family & relationship difficulties, separation, bereavement or traumatic incidents, etc – the HMAP is always there to offer you help and support.

support when you need it
freephone: 0800 083 7545

Just some of the issues covered...

Stress & Anxiety

Bullying & Harassment

Performance at Work

Work-life Balance

Managing Pressure

Debt Counselling

Financial Matters

Legal Matters

Family Life & Relationships

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Retirement

Traumatic Incidents