

**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



Health Matters Monthly Newsletter

Issue One

Monthly Newsletter

Single Parents

Being a single parent can be made a lot easier by having access to the right support at the right time. If any of the following issues apply to you, then your Employee Assistance Programme (EAP) can certainly help:-

I'm struggling financially and slipping into debt.

I feel really lonely.

I'm not sure I'm getting all the benefits I'm entitled to.

I'd like to know more about flexible working.

My children won't accept my new partner.

I don't have anyone to work through my problems with any more.

Your EAP can do a lot to help single working parents. You obtain general information on a wide range of issues, as well as advice specific to your situation. Perhaps you'd like to know more about the rights of

working parents, for instance, or flexible working, childcare resources, or the benefits you're entitled to claim as a working parent.

Your EAP offers you lots of practical suggestions on managing your time more effectively and taking care of your own health and well-being, which is very important not least to your child. Or you may want some ideas on how to be clear and assertive about your needs, both at work and at home.

You may just want to talk through how you're feeling—for instance, about leaving your child with other caregivers, or trying to make time for social life. Whatever concerns you have, contact your EAP.

Don't forget, you can also now go online at: **www.ppconline.info** Simply click on the Employee Area and enter your access codes for valuable health, well-being



and information in the form of a huge range of fact sheets and web links to expert agencies.

Or just call: **0800 169 9952**

Free and Confidential

For Free & Confidential advice, information or personal support speak to your Employee Assistance Programme (EAP), provided by PPC Worldwide, on 0800 169 9952.

(ROI 1800 409476).

Whatever your concerns, call PPC any time, day or night, for informative, impartial discussion with one of their advisers.

Your EAP is here to help 24 hours a day, 7 days a week - confidential and free.

Minicom: 0800 0854739.

Helping you solve life's challenges....

