

# Employee Assistance Programme (EAP)

Citation

Proactive wellbeing can keep your employees mentally resilient and productive. Sometimes the stresses and strains of work and life can be challenging so sharing a problem in confidence can help put things in perspective and improve the mental wellbeing of the individual.

Teaming up with Bupa with their Employee Assistance Programmes (EAP), we can provide confidential mental health and wellbeing support services that contribute to your businesses' wellbeing strategy and help satisfy your duty of care as an employer.

## What you get

- Over the phone support available 24/7, all year round
- Access to a team of qualified counsellors, who are at the end of a phone to offer counselling and lifestyle support
- Advice on issues such as bereavement, family, stress, domestic violence, money management, and more
- Legal and financial support
- Unlimited access to online health and wellbeing videos, articles and tools to educate and guide employees to self-manage their condition
- Useful engagement material to help promote the service within your business.



## Why Bupa

- Access to BACP (British Association for Counselling and Psychotherapy), UKCP (UK Council for Psychotherapy) or equivalent accredited counsellors
- Confidential phone advice 24 hours a day, 365 days a year
- There's no limit to how much employees can make the most of the helpline
- 3/4 of members surveyed felt the service saved them from taking time off work\*
- They provide a programme that is incredibly cost-effective, while maintaining the highest quality standards.



\*Source: Bupa EAP customer satisfaction survey. Oct 2016 - Sept 2017