

**Front line
staff**



EMPLOYEE ASSISTANCE PROGRAMME



0800 269 616

www.primecarehealthltd.co.uk

Introduction

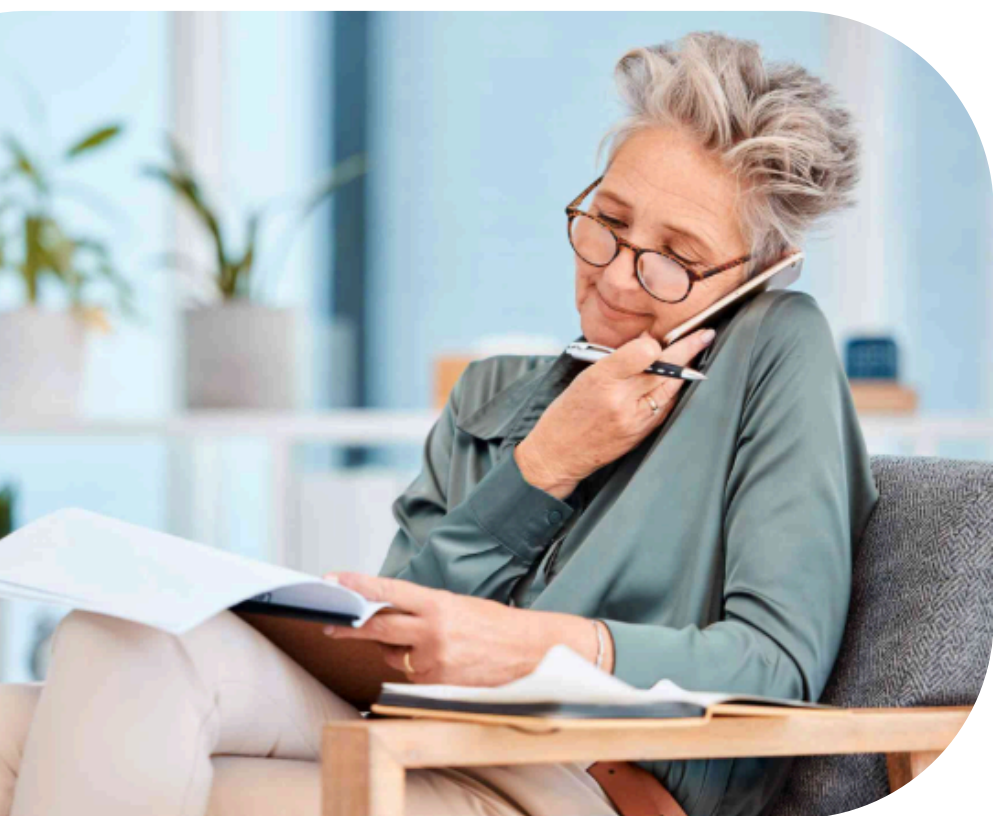
Proactive wellbeing can keep you mentally resilient and productive. Sometimes the stresses and strains of work and life can be challenging so sharing a problem in confidence can help put things in perspective and improve your mental wellbeing.



What's available

Over the phone confidential support available 24/7, all year round for employees and their loved ones (anyone over the age of 16 living at the same address).

Access to a team of qualified counsellors, who are at the end of the phone to offer counselling and lifestyle support



**Face to face counselling for short-term therapy,
delivered virtually with the same counsellor to discuss
an ongoing issue.**

**This can include relationship worries, difficulties at
work, bereavement, anxiety and depression, addiction
and substance abuse.**



Topics Include



Family and relationships

Sometimes we need advice on all kinds of relationships with family and friends, from parenting and divorce to more information on the LGBTQ+ community.



Sleep and relaxation

Healthy sleep patterns can often get disrupted by our hectic lives, so we've got plenty of information to help you sit back, relax and sleep more soundly.



Workplace

Whether you're working from home or not, being happy in your work is important to you and your employer. We want to support you with any issues you may be facing.



Health and wellbeing

We can help you look after yourself better with advice on diet and nutrition, as well as fitness and exercise regimes.



Finances

Financial wellbeing is an important part of a happy and healthy life. We know money management can be a challenge, which is why we're here to support where we can.



Legal

Sometimes a legal issue or uncertainty can affect your mental wellbeing, so we've got help and advice to support for you and your loved ones.



Mental health

Your mental health is just as important as your physical health. Our information and advice has everything you need for a healthy mind.