

## Support for the challenges of daily life

The Employee Assistance Programme (EAP) provides a range of services designed to help organisations meet their duty of care obligations. It gives your employees access to confidential support, assistance and counselling to help them deal with a range of life events and challenges.

### THE SERVICES AVAILABLE TO YOUR EMPLOYEES INCLUDE:

- **A 24-hour telephone support helpline** – available 24 hours a day, 7 days a week
- **Online support** – Wisdom app provides proactive wellbeing tools and engaging features to help improve mental, physical and financial health by using personalised content and four-week plans to set goals and celebrate achievements
- **Up to 8 in-person, phone or online counselling sessions where clinically appropriate**
- **Medical information** – qualified nurses are on hand to offer information on a range of medical or health related issues
- **Access to legal, financial and consumer information**
- **Support for managers** – support and guidance to help managers deal with workplace challenges



### Health & lifestyle

- Physical health
- Mental health
- Rehabilitation
- Addiction
- Cancer survivorship
- Terminal illness
- Menopause



### Legal information

- Debt and financial support
- Probate and wills
- Legal queries
- Caring for a dependent
- Buying a new home
- Separation and divorce



### Home life

- Relationships
- Bereavement and loss
- Childcare
- Domestic abuse
- Identity and LGBT
- Discrimination



### Work life

- Returning to work
- Bullying and harassment
- Redeployment
- Redundancy
- Retirement
- Stress

The EAP is provided by [health assured](#) a leading provider of EAPs in the UK

Sovereign Health Care is a company limited by guarantee. Registered in England no 85588. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered office: 2<sup>nd</sup> Floor, West Wing, The Waterfront, Salts Mill Road, Shipley, Bradford BD17 7EZ.