



## Peninsula Employee Assistance Programme

Employers have a responsibility to minimise workplace risks and improve their employees' health and wellbeing. An Employee Assistance Programme (EAP) is an employee support system designed to help your organisation deal with issues that could be affecting their home or work life, health and general wellbeing.

The EAP from Health Assured provides a complete support network that offers expert advice and compassionate guidance 24/7. Confidential and compassionate support is available to employees and their immediate family\*, free of charge.

We provide an EAP service that offers, not only reactive care, but proactive, preventative support to deliver the best possible outcomes for both employees and employers.



### Counselling support

Our counsellors are from a range of ethnic, cultural and disciplinary backgrounds who work within the BACP's ethical framework for good practice in counselling and psychotherapy. We provide up to 6 sessions of structured face to face, online or telephone counselling per employee, per issue, per year.



### Telephone support

Sometimes talking through a problem can help to reduce its impact. Our confidential helpline is available 24/7, 365, providing support on a range of issues that may be impacting on an individual's personal and work life, such as stress, bereavement and relationship problems.



### Financial information

Our team offer guidance and advice on taking the next steps to resolve financial issues.



### Bereavement support

Grief is an inevitable part of our lives, yet it is rarely talked about. We have the experience and expertise to help support those suffering from a bereavement.



### Legal information

Legal advice is available via our confidential helpline 24 hours a day, providing immediate, effective guidance, when it's most needed.



### Medical information

Qualified nurses are on hand to offer advice on a range of medical or health related issues. They can offer a sympathetic ear and practical guidance.



### Online support

Through our online health portal, we provide a variety of wellbeing information and resources including self-help tools, webinars, factsheets and newsletters aimed at supporting your employee's physical and mental health.



### My Healthy Advantage app

Available for iOS and Android devices, My Healthy Advantage offers a variety of bespoke wellbeing features exclusive to Health Assured clients and partners. Within the app, users will have access to a library of learning materials personalised to their preferences, including wellbeing articles, weekly mood trackers, 4-week plans, mini health checks and **BrightTV**—a monthly series of well-known personalities' experiences with mental health.

\*Health Assured define dependants as immediate family members (spouse/partners) and children aged 16 to 24 in full time education, living in the same household.

Please note - All responses and quotes provided by Health Assured Limited are commercially sensitive and confidential. The recipient agrees to maintain such confidence and use solely for the purpose of obtaining the proposed services. The quote and any supporting information must not be shared with any other third party without Health Assured's prior written consent.

To find out more call  
[peninsula-uk.com](https://www.peninsula-uk.com)

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