



# PENINSULA

A confidential support service for employees

## About Your Employee Assistance Programme

Sometimes it can be difficult to balance the pressures of work with the needs of home life. Your employer recognises help is sometimes needed to deal with the challenges you may face in life, both practical and emotional.

Health Assured provides confidential support services which are available to you.

Please make that call, rather than allowing your concerns to grow, you can speak with the same counsellor more than once

### What can I use this service for?

- Family Issues
- Medical Information
- Lifestyle Addictions
- Gambling
- Financial
- Relationships
- Domestic Abuse
- Insurance Claims
- Consumer Issues
- Debt
- Legal
- Stress
- Childcare
- Work
- Housing

### Telephone Counselling

Your call will always be answered by a qualified and experienced counsellor who will offer help and support in a professional, friendly and non-judgmental manner. A range of additional support is available as part of your EAP, including structured telephone counselling and online Cognitive Behavioural Therapy (CBT). Further support maybe available subject to the terms of your EAP.

### Online Health Portal @ [www.healthassuredeap.com](http://www.healthassuredeap.com)

- ✓ Emotional support
- ✓ Personal coaching
- ✓ Health checks
- ✓ Medical factsheets
- ✓ Fitness advice
- ✓ BMI assessment

**FREE 24 HOUR 0800 047 4097**  
[www.healthassuredeap.com](http://www.healthassuredeap.com)

POP OUT CARD AND PUT IN YOUR WALLET

## EMPLOYEE ASSISTANCE PROGRAMME

Family Issues

Debt

Work

Lifestyle Addictions

Relationships

Legal

**FREE 24 HOUR**  
personal support service

**0800 047 4097**

[www.healthassuredeap.com](http://www.healthassuredeap.com)

A 24 hour helpline  
from **Health Assured** to  
support you through any of  
life's issues or problems

**Employee Assistance Programme**



We don't know  
when you might need us.  
That's why we're here  
**24 hours a day.**



**PENINSULA**

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB  
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