



Employee Assistance Programme

# Provide support for your staff



**Health Assured**



PENINSULA



Advisor  
Health Assured

# Employee Assistance Programme

---

## **Tell me more about Employee Assistance Programme**

You know how important it is to keep your employees healthy and fit for work – they're the foundation of your business! So, how much do you invest in their overall wellbeing?

Health Assured is our employee wellbeing service, specialising in Employee Assistance Programmes (EAP).

EAP provides you with a host of support services including counselling, information services and health tools, allowing you to proactively invest in your employees' wellbeing.

## **Why should I introduce EAP?**

With so many of your employees spending the majority of their lives at work, it makes sense for you to offer a structured support system, to help deal with the turbulences we all face from time to time.

With EAP, you can help look after physical and mental wellbeing with advice and care from experts in the field.

EAP is based on combatting stress from your employees' personal and professional lives; preventing foreseeable absences with pre-emptive advice and guidance; creating a strong support network for on-going absence, and helping maintain a positive workplace environment.

## **Why choose Peninsula?**

You can make a difference to the lives of your employees by investing in their welfare.

Peninsula was the first to understand the significance of assistance programmes and set up a service dedicated to supervising well-being issues for business owners.

To date, we offer the most comprehensive advice and care service packages in the UK; promising on-site and off-site professional support around the clock.

Together, we can be the positive change your workforce needs to continue functioning healthily.

## **What services do other business owners find most helpful?**

### **Active Care – Day 1 Intervention for Stress**

Day 1 intervention for stress related absence is a unique and highly significant element of Peninsula EAP.

From the first day an employee reports a stress related absence, a highly qualified Occupational Health Nurse will make contact with the individual and initiate the support process.

Early intervention achieves very positive outcomes, with approximately 94.7% of employees returning to work within 14 days of the first consultation.

## Online Health Portal

We understand that you need information available in a way that is suitable for you, whenever you require it.

You can access an online Health and Wellbeing Portal dedicated to offering simple lifestyle changes and advice for many of the most common concerns.

This includes a range of tools, such as an interactive health assessment, providing personal tailor made dietary tips and fitness plans, as well as video webinars dealing with issues such as mental health and stress management.

## On-Site EAP Promotion

Promoting your EAP service helps to demonstrate a duty of care towards your employees.

If you need help promoting EAP, we can provide a Relationship Manager to carry out implementation meetings, manager briefings, presentations to employees and awareness campaigns; ensuring your workplace is made fully aware of the increased level of support you offer.

## Additional Services & further information

Peninsula provides additional services to strengthen your EAP and relieve you from more time consuming support tasks such as: Return to work interviews, post-trauma support, mediation services and EAP training workshops

Find out more about EAP and the services Peninsula provide:

**0808 145 3489**

**[peninsula-uk.com/services/eap](https://peninsula-uk.com/services/eap)**



**PENINSULA**

**0808 145 3489** **[peninsula-uk.com](https://peninsula-uk.com)**

Peninsula, Victoria Place, Manchester M4 4FB

