

# Information, guidance and support for wellbeing

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Your  
Employee  
Assistance  
Programme



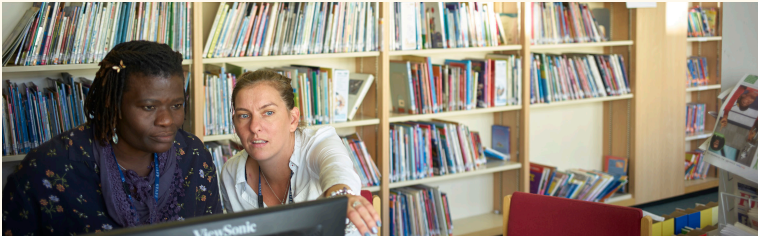
The charity for everyone  
working in education.

## Your Employee Assistance Programme

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### We will always be there to support teachers and education staff

No matter what you're going through, big or small, we're here for you. Day or night you can call to speak to someone without judgement who can help you find solutions to move past a difficult situation in your life.



“ I only wish I had called and set up counselling sooner. It has really helped me change my way of thinking and how I deal with things. ”

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#### Counselling

- Our expert team are specially trained to support on a wide range of emotional and mental health topics
- We will assess your needs and provide emotional support, practical assistance and signposting to help you through the most difficult times.
- Our counselling follows a short term solution-focused brief therapy model. (up to 6 sessions)
- Where the assessment deems that our counselling model is clinically appropriate for your needs we can offer this either face-to-face or via telephone.
- If longer term or open-ended support is required then we will help you to locate services outside of the EAP who may be able to meet your needs.
- Our counsellors are fully qualified to practice with a diploma or a masters degree in counselling and are fully accredited with the BACP\* or equivalent, or are working towards this.

\*British Association of Counselling and Psychotherapy.



# Benefits to you

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**In the moment support and counselling for home-life issues**

Confidential, independent specialist support for personal challenges such as relationship breakdown, coping with anxiety, bereavement, infertility, low self esteem, insomnia etc.



**In the moment support and counselling for work-related issues**

Confidential, independent specialist telephone support for challenges or issues related to work such as workplace stress, worklife balance, difficulties with colleagues etc.



**Financial and Legal**

Our qualified legal and financial professionals provide specialist support on a range of personal issues such as matrimony, housing, consumer, boundary disputes, debt management and more.



**Specialist information**

Specialist information and signposting services on topics such as elder care, childcare and disabled care.



**Support for Managers**

A support service for managers, dealing with important and challenging people issues.



**Fast Access**

You can access support via telephone or live chat 24 hours a day

- Completely confidential and independent service.
- Access available 24 hours a day, 365 days a year.
- Support for personal or work issues.
- Completely free to the service user.\*\*

## Call 08000 856 148

For online resources visit:  
[educationsupport.org.uk/onlinesupport](https://www.educationsupport.org.uk/onlinesupport)

Username: **worklifesupport**

Password: **support1**

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You can learn more  
about our work at  
[educationsupport.org.uk](https://www.educationsupport.org.uk)  
or by calling  
0207 697 2750

“This is a fantastic service –  
thank you so much. I really don’t  
know where I would be without the  
help I received from your team.”



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