

How can we help you?

- ✓ Confidential support
- ✓ Counselling and advice
- ✓ 24/7 freephone contact



Legal
 Housing Con
 Wills Immigration
 Legal Aid Employmen
 Crime **Emotions** Panic
 Depression Anxiety Resilien
 Worries Suicide Bereavemen
Work Disciplinary Absence
 Dismissal Terms and Conditions
 Stress Bullying Hours **Health**
 Wellbeing Disease Injury Diet
 Mental Health Pregnancy Infirmity
 Absence **Family** Parents Disability
 Education Custody Separation Teen
Older People Nursing Pensions
 Wills Dependants Benefits Housi
 Death **Money** Debt Tax Benefit
 Loans Allowances Pay Budgeting
 Insolvency **Relationships** Partners
 Counselling Divorce Mediation Family
 Separation **Addictions** Rehabilitation
 Dependence Alcohol Gambling Drugs Suppo
Legal Housing Consumer Legal Aid Immigra
 Wills Employment Crime **Emotions** Depres
 Anxiety Resilience Bereavement Wor
 Panic Suicide **Work** Disciplinary Str
 Dismissal Terms and Conditions Bullyin
 Hours Absence **Health** Wellbeing
 Disease Injury Pregnancy Mental H
 Diet Absence Infirmity **Family** P
 Teenagers Separation Custody D
 Education **Older People** Nursin
 Pensions Wills Dependants Benefits
 Housing Death **Money** Benefits
 Allowances Budgeting Debt
 Tax Loans Insolvency
 Pay

This helpline offers you counselling and advice on a variety of personal, family or workplace issues.

The service is provided by a professional organisation, *Wellbeing Solutions Management*. There is no cost to you and all calls are confidential.

Whatever our age, background or role in life, from time to time we all have problems – whether personal, family, or work-related. Talking to a counsellor or an advisor can help us understand a problem, try a different approach or just learn how to cope with a situation that we can't change. Our aim is to help you find your own solution to whatever is worrying you.

Confidentiality

This is a confidential and anonymous service provided by an independent organisation. No personal or identifying information is communicated to your employer.

Only in the most extreme and unusual circumstances would your confidentiality and anonymity ever be broken, for example, if our clinical professionals considered that you may be a significant danger to yourself or others around you. In these circumstances, you would be informed when this happens.



Legal



Older People



Emotions



Money



Work



Relationships



Health



Addictions



Family



How to get Support

Making Contact:

You can contact the Employee Assistance Helpline 24-hours a day, 365 days a year. We'll ask you for a convenient time for one of our counsellors or advisors to call you back.

Alternatively you can book an appointment online: employeeassistance.org.uk

Emotional Support:

If you would like the support of a counsellor, we will arrange a telephone counselling session at a time to suit you. Our counsellor may recommend further counselling sessions to help you overcome a more troubling issue.

Practical Advice:

If you need professional advice or factual information on any legal, money, health, work or personal issue, we can arrange for a free telephone consultation with one of our many specialist advisors.

24/7 freephone:

0800 171 2181

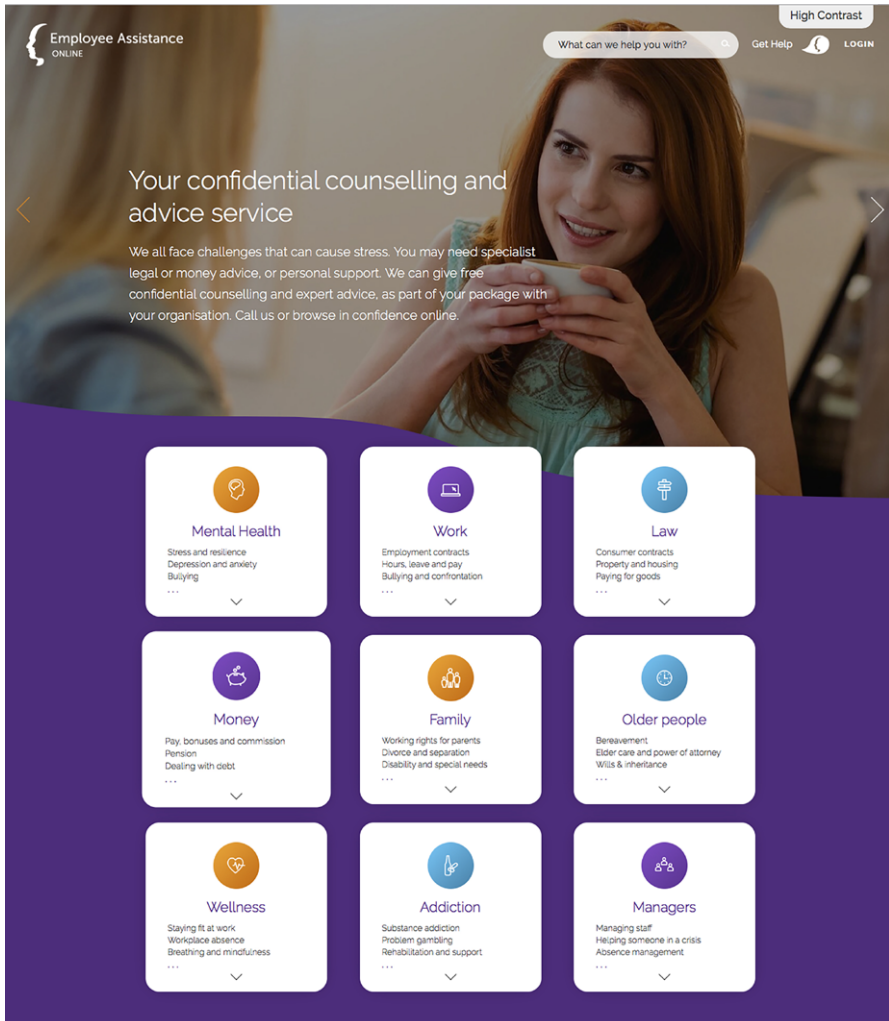
From outside the UK: +44 (0) 1482 661 814

Online:

employeeassistance.org.uk

Go online for user-friendly information on personal, work and family issues. You can also login to book an appointment with one of our counsellors or advisors.

To login enter the access code: **Falkirk**



The screenshot shows the Employee Assistance ONLINE website. At the top left is the logo 'Employee Assistance ONLINE'. To the right is a search bar with the text 'What can we help you with?' and a search icon. Further right are links for 'Get Help', a moon icon, and 'LOGIN'. Below the navigation is a large banner with a woman smiling and holding a smartphone. The banner text reads: 'Your confidential counselling and advice service'. Below this is a paragraph: 'We all face challenges that can cause stress. You may need specialist legal or money advice, or personal support. We can give free confidential counselling and expert advice, as part of your package with your organisation. Call us or browse in confidence online.' Below the banner is a grid of nine service categories, each with an icon, a title, a list of sub-topics, and a dropdown arrow:

- Mental Health**: Stress and resilience, Depression and anxiety, Bullying, ...
- Work**: Employment contracts, Hours, leave and pay, Bullying and confrontation, ...
- Law**: Consumer contracts, Property and housing, Paying for goods, ...
- Money**: Pay, bonuses and commission, Pension, Dealing with debt, ...
- Family**: Working rights for parents, Divorce and separation, Disability and special needs, ...
- Older people**: Bereavement, Elder care and power of attorney, Wills & inheritance, ...
- Wellness**: Staying fit at work, Workplace absence, Breathing and mindfulness, ...
- Addiction**: Substance addiction, Problem gambling, Rehabilitation and support, ...
- Managers**: Managing staff, Helping someone in a crisis, Absence management, ...