

Employee Assistance Programme

A support service available for all employees

Who are Care first? With ever increasing pressures at work and home, there are times when we all need some extra support to balance the demands of everyday life. Care first are an independent, leading provider of professional employee support services. Care first employ professionally qualified Counsellors and Information Specialists, who are experienced in helping people to deal with all kinds of practical and emotional issues such as Wellbeing, family matters, relationships, debt management, workplace issues, and much more...

What do I use the service for? Care first is designed to help you with a wide range of work, family and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and well-being, let your EAP support you on the issues that affect all of us at some point in our lives. Topics include, but are not limited to:

<ul style="list-style-type: none">· Work-life balance· Relationships· Childcare information· Health and well-being· Debt· Disability and illness· Careers· Bereavement and loss· Stress	<ul style="list-style-type: none">· Elder care information· Life events· Immigration· Anxiety and depression· Family issues· Bullying and harassment· Education· Consumer rights· Workplace pressure
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How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online. The EAP can provide information booklets, articles, resource information on support services in your local area and even short term face-to-face counselling to help get you back on track.

Online Services: The Care first **Lifestyle** website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires and online counselling in real-time.

Is it confidential? - Yes!

The College does not know who uses our service. Care first do provide statistics to the College to show how many employees use the service and the broad types of issues that employees raise with us, so no information is ever passed on which could potentially identify you. www.carefirst-lifestyle.co.uk