



Health Assured

A confidential support service for employees and their immediate family members

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's EAP's are confidential life management and personal support services available to you and immediate family who live with 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
- Family Matters
- Drugs & Alcohol
- Gambling
- Financial
- Relationships
- Domestic Abuse
- Insurance Claims
- Consumer Issues
- Debt
- Legal
- Stress
- Childcare
- Work
- Housing

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.

On-line Health Portal @ www.healthassuredeap.co.uk

This service provides instant and unlimited access to emotional support video content, engaging fitness videos and over 200 easy to read and understand medical factsheets. It also includes the personal coaching and health assessment areas, which allows employees to enter their personal details and produce clear reports and advice.

FREE 24 HOUR

www.healthassuredeap.co.uk

0800 030 5182

Username: **Northyorkshire** Password: **Council**

employee assistance
programme

relationships

work

bereavement

family

stress

financial

FREE 24 HOUR
personal support service
0800 030 5182

to call from outside the UK:

+44 161 836 9498

(calls will be charged)

Online Health Portal:

www.healthassuredeap.co.uk

Username: Northyorkshire

Password: Council

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



 **Health Assured**



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Registered in England. No 6314620