



EASE (Employee Assistance Programme)

Help is just a phone call away with this valuable employee service. Our team of friendly, qualified Counsellors, Medical Advisors and Lawyers are on hand 24/7 to offer free and confidential advice on legal, medical and domestic issues.

- **Freephone telephone counselling** and information line available 24 hours a day, 365 days of the year
- **Up to six sessions** of face to face counselling or Cognitive Behavioural Therapy (CBT)
- **Health and wellbeing** information
- **Legal** information

See overleaf for more information on the services and how to access them.

What's included?

Helping you when it really matters.



Telephone counselling.

Speak to our team of fully trained counsellors, 24/7, about issues such as stress, anxiety, depression, family, bereavements, relationships or money management. Each telephone session can last up to an hour, and you can choose to work with the same counsellor for future sessions.



Face to face counselling and Cognitive Behavioural Therapy (CBT).

If the counsellor thinks it would be beneficial, they can arrange for you to have up to six sessions of face to face counselling or CBT. EASE covers the cost of up to six sessions in any 12 month period, starting from the first session. They'll take place at a location close to where you live.



Help with health and wellbeing.

Our team of nurses and doctors can help with a wide range of health, wellbeing and lifestyle issues, including:

- Medical symptoms
- Pre-travel advice
- Childhood illnesses
- Baby and child development
- Medical and surgical treatments
- Caring for the elderly
- Hospital tests and procedures
- Sexual health
- Patient rights
- Stopping smoking
- Reducing alcohol consumption
- Diet and exercise



Legal information.

Getting the right legal information at the right time can really help. You can get free telephone legal information from an experienced legal professional on a wide range of issues, such as:

- Consumer disputes
- Property
- Motoring
- Landlord/Tenancy
- Debt
- Welfare benefits
- Matrimonial
- Family
- Wills and probate

Freephone **0800 092 0987** or call **01455 255123**
and quote scheme number **XXXXXX**