

EMPLOYEE ASSISTANCE PROGRAMME (EAP)

Vita Health Group is our EAP provider and you have unlimited access to information, support and guidance (including coaching and counselling where appropriate) on a wide range of topics including work/career, relationship/family, money management and debt and health and wellbeing.

Sometimes life can be challenging and demanding and your free and confidential EAP is designed to give you easy access to information, help and support to enable you to make informed decisions and tackle issues early before they become troublesome and complex.

There is also a 24/7, easy to access, confidential and free of charge helpline for practical and emotional support. All staff can access this service directly and confidentially without manager involvement.

Headteachers/Managers – with your employee consent you can refer them directly to the EAP.

The helpline is also available to dependents.

An eligible dependent is your:

- spouse or domestic partner
- unmarried dependants, under 21 years of age, who are dependant upon you for maintenance and support - this includes legally adopted children, stepchildren and children who are dependant upon you by reason of legal guardianship
- unmarried dependent child under 25 who is in full-time education (they may live away from home)
- unmarried dependent child who is incapable of self-sustaining employment because of physical or mental disability, who became disabled prior to age 21.

NOTE: Dependants will not be offered counselling independently or Legal Support.

- Schools include governors in their headcount which means they can access EAP too.

Please contact the WES team if you think your school would benefit see below:

Warwickshire Education Services, Warwickshire County Council, Shire Hall,

Warwick, CV34 4RL.

weshrandpayroll@warwickshire.gov.uk

Tel : 01926 412210

Wellbeing Employee Assistance Programme (Vita Health Workplace Wellness)



Available 365 days a year # No management involvement needed
Confidential, expert advice # Early support and intervention for personal and work - related issues

Debt Issues <ul style="list-style-type: none">• Talk over these problems• Debt Freeze• Health check• Budget planning	Legal info <ul style="list-style-type: none">• Divorce and domestic situations• Probate – helping with this complex problem• Dealing with Landlords• Consumer rights	I just need to download, it's been a bad day! <ul style="list-style-type: none">• Offload to counsellor• Have a different perspective• Get some self help	I am dealing with a life stress <ul style="list-style-type: none">• Relationships• Stress (not ill mental health)• Anger• Bereavement• A big life event Up to 6 Sessions Counselling	I have a low to medium level of mental ill health <ul style="list-style-type: none">• A therapist and CBT or workbook 6 Sessions with a therapist	My needs are beyond the scope of EAP <ul style="list-style-type: none">• I need specialist help – and the EAP will help me stay well (with some counselling) and support me to get the right treatment through the NHS
--	--	--	--	---	---

Online website for health and wellbeing information and guidance

www.my-eap.com Username: workplacewellness



EAP Confidential helpline

Tel 0800 111 6387

Managers: 0800 111 6385

