health assured

Employee Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.

Free 24 Hour Confidential Helpline

0800 030 5182

health assured

Your healthy advantage

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB
Registered in England. No 6314620

Pop out this card for future use

About your Employee Assistance Programme (EAP)

Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring support to both you and your immediate family so you can give your best in life.*

What can I use this service for?

- Family issues
- Financial information
- Legal information
- Medical information
- Relationship advice
- Housing concerns
- Alcohol or drug issues
- Childcare support
- Stress & anxiety
- Gambling issues
- Domestic abuse
- Retirement
- Consumer issues
- Tax information
- Bereavement

24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

Online Health Portal: healthassuredeap.com

- Webinars
- Health e-Hub app
- Four-week programmes
- Nutritional advice
- Health checks
- Fitness advice
- Financial wellbeing
- Medical factsheets
- Budgeting

Employee Assistance Programme

- Stress & anxiety
- Debt
- Work
- Lifestyle addictions
- Relationships
- Legal

FREE 24 HOUR
Confidential Helpline
0800 030 5182
healthassuredeap.com

Download the Health e-Hub now

GET IT ON Google Play

Download on the App Store

Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full time education, living in the same household.