

## Employee Assistance Programme (EAP) resources

**Service poster** This A4 poster provides details for accessing the Employee Assistance Service - whether through the My HealthHero App or the Web App. You can easily personalise it with your phone line number and access details.

### **Need to talk?**

This A5 flyer highlights what's available through your Employee Assistance Programme. You can easily personalise it with your phone line number.

### **FAQ's**

This document lists FAQs related to the Employee Assistance Programme (EAP).

### **Wallet card**

This wallet card is available in print version. You can easily personalise it with your phone line number and access details.

### **My HealthHero**

This poster outlines the steps for downloading the My HealthHero App or accessing the Web App. You can easily personalise this with your access details.

### **Information about counselling**

We hear about counselling all the time in the media, but what actually happens in a counselling session? This document is designed to give someone considering counselling an idea of what to expect.

### **Manager support guidance notes**

Your Employee Assistance Programme (EAP) provides 24-hour counselling, support and guidance for all colleagues, whatever problems they are facing. The service is provided independently by HealthHero and also offers confidential assistance to managers and other stakeholders who are supporting individuals at work.

### **What happens when I call the EAP**

This document gives information about what happens when you call the Employee Assistance service.

### **Legal/Money & debt service**

Whether it is a legal issue and you just want to understand your rights or your options, or money and debt worries are keeping you awake at night, you can call HealthHero EAP to talk to an advisor.