



Managing personal health and corporate wellbeing.



Employee Assistance Programmes (EAPs)

Stress and other illnesses have an impact on individuals' work performance, costing your company in sick leave and underachievement. **Employee Assistance Programmes (EAPs)** help protect your staff investment, promoting **wellbeing** in the workplace by providing solutions for the human problems that affect your business. **Manage Health** enables employers and their employees to access a trusted source of information, advice and counselling if required.

One of our specialist areas is in the provision of **Employee Assistance Programmes**. There is a **freephone telephone advice**, information and counselling telephone service which offers immediate support to employers and their employees in the UK and internationally 24 hours a day, 7 days a week. This enables the opportunity to talk in confidence from work or home and anonymously if desired.

We also offer face-to-face counselling, which through an **EAP** can be seen to not only support employees through difficult times, but to discharge the duty of care required by law of an organisation. This approach provides short-term solution-focused counselling to assist employees identify the problem, and develop a plan of action for resolving it. Our aim is to safeguard the health and **wellbeing** of employees and help you fulfill your duty of care as we work in partnership with you.

Most Employee Assistance Programmes offer advice and support for a wide range of topics and can include:

- Family Issues
- Debt & Financial Problems
- Personal Issues
- Bereavement
- Childcare & Eldercare
- Legal Assistance
- Consumer Issues
- Civil Rights
- Taxes & Duties
- Marital or Relationship Disputes
- Bullying
- Stress Related Illness
- Domestic Violence
- Dependent Care
- Immigration
- Racial or Sexual Harassment
- Human Rights
- Mental Health Problems

There are many providers in the UK marketplace, but **Manage Health** will help eliminate the confusion and assess these suppliers for you, comparing their service provision against your needs thanks to our market review.

Manage Health also prides itself on its ability to be flexible, offering bespoke services to the ongoing needs of the client, making us certain that when it comes to employer and employee support, you needn't look any further.

Call Manage Health now or email us to discuss your wellbeing requirements and see what benefits we can bring to your organisation.

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Already have an **EAP** in place but would like to see what else is on offer? Perhaps you may be looking to introduce this service for the first time? Either way, we at **Manage Health** will conduct a free **EAP** market review on your behalf. **Manage Health** are able to do this as we're an independent company and as such we do not provide EAPs ourselves. Our review comes with quotations from a range of suppliers, offering you timely, unbiased, professional & expert advice.

Manage Health's client base includes both large and small, public and private, retail, manufacturing, charitable and not-for-profit organisations. As members of the **Employee Assistance Programme Association (EAPA)** we adhere to their codes of practice.

"Manage Health has been our link with our EAP provider for a number of years. I approached Manage Health when The Action Group wanted to introduce a scheme 4 years ago, Manage Health provided comparison information on relevant providers saving me hours of work. Manage Health has successfully negotiated contract renewals even when our budgets have been restricted, we have managed to continue to provide an employee assistance programme which for The Action Group has been a key priority for supporting our staff. Manage Health are a discreet, professional service with excellent credentials." The Action Group

"The EAP Service has been key to my recovery. I am so grateful to my employer for investing in the service. Thanks to the counsellor, I have returned to work on a full time basis and managed the transition from a period of absence to full time employment comfortably. I now feel confident and well prepared to manage my work life and the years ahead." EAP Customer Satisfaction Feedback (Face-to-Face Counselling).

"When we decided to include an Employee Assistance Programme to our staff benefits package, Managehealth provided a dedicated and personalised service in helping us to source a scheme which matched our requirements both in terms of the services offered and with due regard to financial limitations. The services act as an excellent source of support for all our staff and regular reports from Managehealth help us to ensure that the services are being accessed, as well as helping to identify any trends which may help feed through to other aspects of our health and wellbeing or HR agendas." Weston Area Health Trust

Investing time in building the business case for an **EAP** or assessing the provider offerings in detail is not always easy for **HR professionals**. **Manage Health** can do this for you.

Call us now on telephone **0845 2222 208** for more information.

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