



Practical and emotional support just when you need it

Your Employee Assistance Programme



Support for
issues at home
and at work



Financial
guidance



Legal
enquiries



Support and
coaching
for managers



Signposting
and general
help

We're all human and challenges in life or at work can reduce our wellbeing and effectiveness. What if you could find a sympathetic ear and the information you need to move forward, just at the right time?

Call your support line to access a range of practical and emotional help 24/7, including:

- A range of clinically robust counselling options, including telephone and online or face-to-face sessions
- Financial, legal and practical support from qualified professionals on a range of personal issues
- Access to online health and wellbeing resources and a specialist information service
- A dedicated coaching service for line managers, aimed at developing your soft skills and building your confidence for handling challenging situations.

“

It was great to have someone outside of my own circle of colleagues, family and friends to discuss how I was feeling and the advice given was relevant and very informative.”

Rob, Deputy Headteacher

Call us, we'll listen.

Confidential help 24/7, 365 days a year

08000 856 148



Your online resources:
educationsupport.org.uk/online-support

Username: **worklifesupport**
Password: **support1**