

HELP

HELP | Employee Assistance

CONFIDENTIAL SUPPORT

24 hours a day, 7 days a week

Access a team of trained wellbeing and counselling practitioners to support all employees offering confidential, independent and unbiased information and guidance by telephone, in writing, online and through face-to-face appointments for a wide variety of issues.

Contact us on 0800 032 9849
or for further information go to
<https://sgcp.optimise.health>

Help Employee Assistance offers support and information on:

HEALTH & WELLBEING



- Mental health
- Physical health
- Bereavement
- Alcohol & drug misuse
- Trauma

MONEY WORRIES



- Debt
- Gambling
- Financial Wellbeing

CARERS



- Childcare
- Eldercare

WORK / LIFE



- Bullying & harassment
- Career / job stress
- Management support
- Sickness absence
- Work / life balance
- Personal effectiveness

CONSUMER & LEGAL



- Family
- Neighbours
- Crime

FAMILY & HOME



- Relationships
- Children
- Social

OPTIMISE

Your overall wellbeing is important to us so we are also delighted to offer you access to Optimise, a comprehensive wellbeing assessment that you and your family can take at any time. It provides personalised wellbeing content tailored to your responses and has an extensive library of wellbeing information for you to access at any time, including videos, podcasts and Ted Talks.

