

# Employee Assistance Programme

Humber and North Yorkshire Health and Care Partnership has negotiated an employee assistance programme on behalf of health and social care organisations in our region.

## **The offer**

Employees can call the confidential care line which is available 24 hours a day, 7 days a week, 365 days a year and is accessed by calling a freephone number to discuss issues they would like support with, for example;

- Managing pressure
- Bullying and harassment
- Performance at work
- Marital, family and relationship difficulties
- Stress, anxiety and depression
- Alcohol/substance misuse and addictive behaviour
- Bereavement
- Work/life balance issues

A referral for up to a maximum of x 6 counselling sessions can be provided at no extra cost. If after 6 sessions further counselling is required, alternative support will be signposted.

In addition to emotional support, employees can receive practical support in a number of specialist areas, such as;

- Debt management advice
- Legal and tax advice
- Child, elder and disability care issues
- Everyday matters (Family and general information and support services)

## **The Cost?**

£4.28 + VAT per employee per year, irrespective of the number of employees  
You would hold your own contract with the EAP provider.



**For more information, contact**

Jade Jenkins

Best Place to Work Senior Manager

Humber and North Yorkshire Health and Care Partnership

Email: [jade.jenkins5@nhs.net](mailto:jade.jenkins5@nhs.net)

Telephone: 07593451726