



**PENINSULA**

## Employee Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.



Free 24 Hour Confidential Helpline

**0800 047 4097**



**PENINSULA**

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB  
Registered in England. No 6314620
















Pop out this card for future use

PR-PEN-0018-4

## About your Employee Assistance Programme (EAP)

Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring support to both you and your immediate family so you can give your best in life.\*










### What can I use this service for?

 Family issues	 Financial information	 Legal information
 Medical information	 Relationship advice	 Housing concerns
 Alcohol or drug issues	 Childcare support	 Stress & anxiety
 Low mood	 Domestic abuse	 Retirement
 Consumer issues	 Tax information	 Bereavement

### 24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

### Online Health Portal: [healthassuredeap.com](http://healthassuredeap.com)

 BrightTV	 My Healthy Advantage app	 Four-week programmes
 Nutritional advice	 Health checks	 Fitness advice
 Financial wellbeing	 Medical factsheets	 Budgeting

## Employee Assistance Programme

- Stress & anxiety
- Debt
- Work
- Lifestyle addictions
- Relationships
- Legal

**FREE 24 HOUR  
Confidential Helpline  
0800 047 4097  
[healthassuredeap.com](http://healthassuredeap.com)**

Download **My Healthy Advantage** now  
Employer code: **MHA016219**

