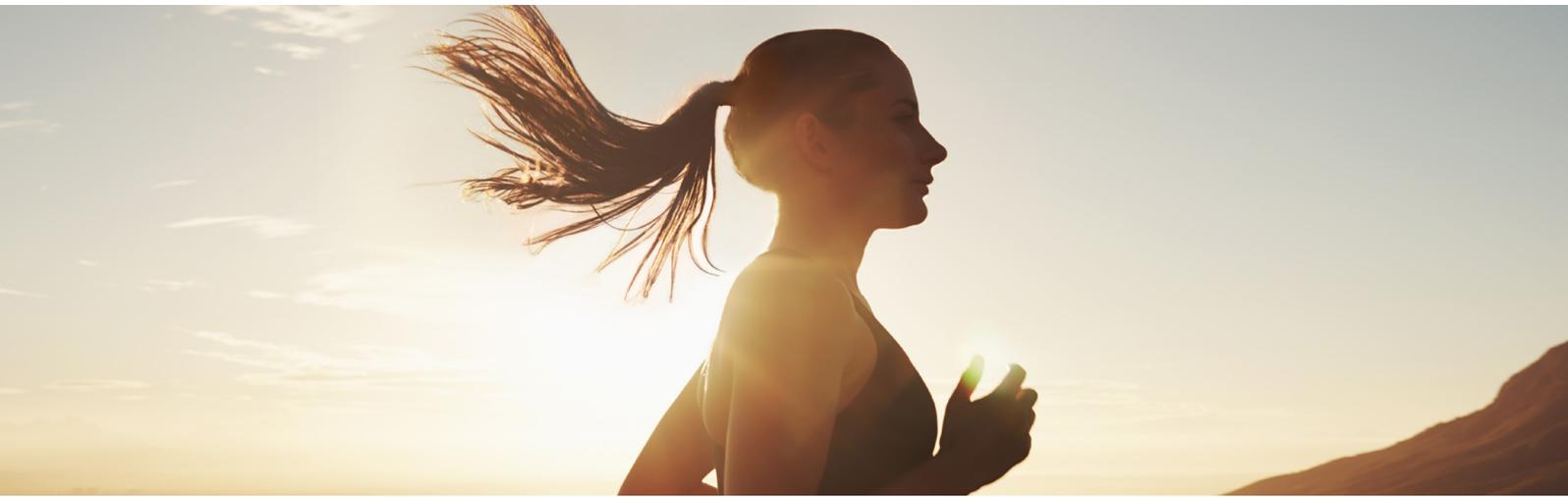




# Employee Assistance Programme

Sometimes the day to day challenges in life you face can overwhelm you. Your home life, your happiness and your performance at work all can suffer. **We're here to help.** Your Employee Assistance Programme (EAP) provides support for those everyday challenges and for more serious problems. It's available around the clock anytime you need it.



## Features

### Assistance and support

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationship with your family. Your EAP offers assistance and support for these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Problems or conflicts at work
- Parenting and family struggles
- Financial or legal issues
- Isolation and loneliness
- Culture shock

## Confidential services

We will not share your personal records with your employer or anyone else without your permission. Information about you and the services you use is confidential in accordance with the applicable laws and regulations.

## Its part of your plan

The service is included in your international healthcare plan. Depending on your needs, there may be a cost for further help. Any costs will be made clear to you, and you are able to decide whether to proceed. Access to the Optum My Wellbeing app and portal is available at no additional cost. Please refer to your employer benefit plan for further information.

## How does it work?

If you need financial or legal services, we will refer you to an expert in that field. If you want to see a clinician, we will match you with one in our network who has the appropriate experience to help. Specialists and experts are sensitive to your gender, language and cultural requirements.

**Accessing your EAP is easy and available 24 hours a day.**

# These are the ways to access EAP:



### Call

Talk to a specialist who can help identify the nature of the issue and the appropriate resources to address it. EAP service: **+44 (0)203 701 7091 \***



### Download the app

You can download the Optum My Wellbeing app from your favorite app store. Once registered, click on the 'Advice' tab in the upper menu bar.



\*Please note call and network charges may apply.

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