



Employee Assistance Programme



When life gets challenging, you've got caring, confidential help. Your Employee Assistance Programme (EAP) provides support and resources to help you and your family with a range of issues, including:

- Depression, anxiety and stress
- Substance use disorder
- Problems or conflicts at work
- Parenting and family struggles
- Financial or legal issues
- Mental and emotional support as it pertains to chronic and complex medical conditions
- Isolation and loneliness
- Culture shock
- Work-life balance and burnout

There is no additional cost to access EAP resources. Services are completely confidential and will not be shared with your employer.

Let's get started

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

Access to EAP:



Call

Talk to a specialist.

United States access:
+1.877.510.9664

International access:
+44.1865.397.074



Download the app

Download the
My Wellbeing app.

Once registered, click
"Contact your EAP"
from the home page.



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