



Need  
to talk?

Access counselling  
support for personal and  
work issues

Talk in confidence with one of our qualified team members,  
or access online resources for issues that may be affecting  
you in your personal or work life.



**0800 3 58 48 58**

Outside UK:  
For online support join at:  
Username:  
Password:

+44 141 271 7179  
<https://wellbeing.hub.healthhero.com>  
NHSHighland  
EAPsupport



## Your Employee Assistance Programme gives you access to:

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**Counselling** provides a safe place to talk to someone in confidence about a concern in either your personal or work life. You can call the helpline or book a callback via the Wellbeing Hub (see details below).

**Legal Information** on a range of personal law matters, including consumer, property, family and motoring law.

**Manager Support** with advice for managers who are assisting their teams through any difficulties.

**Money & Debt** from budget planning and debt management to rent arrears or carers allowances. If you want help to regain control and understand your options, call and ask to speak to a money advisor.

**Health & Wellbeing** information and guidance on themes such as sleep, diet or exercise so you can start to improve your day-to-day wellness.

### Information centre

Wellbeing Hub provides information on a wide range of mental health and wellbeing related topics. Monthly newsletters, articles and short videos providing ideas on ways to improve your day to day wellbeing, plus links to other helpful resources.

- Book a call with a counsellor
- 'Living Life To The Full' Online CBT
- Monthly Newsletters
- Live Chat

## The service is completely confidential

Confidentiality may only be broken in a situation where you or someone else is in danger.

Visit the FAQ pages on Wellbeing Hub for more information.

Debt service Mon-Fri 8am - 8pm; Sat 9am - 3pm

Health & Wellbeing service Mon - Fri 8am - 8pm