

Need some advice?

Your **Employee Assistance Programme** provides valuable resources and personal advice to help you through life's tricky times.

Help is at hand all day, every day. These are just some of the topics counsellors and professional advisers can talk you through...

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



NHS

County Durham
and Darlington
NHS Foundation Trust

To speak to a counsellor or adviser call 0333 400 0545* and quote reference number 79967.

Or visit <https://healthassuredeap.co.uk> and enter 79967 in the username and password boxes.