

How can the EAP help you?

Most common reasons for using the service and how we can support you



Anxiety

An estimated **1 in 6 adults have experienced a common mental health issue such as depression or anxiety** in the past week¹. It's something we all face and it is important to know that it is both normal and manageable with the right support. At Health Assured, we receive a high volume of calls to the 24/7, 365 confidential helpline regarding anxiety, and our trained counsellors have vast experience in supporting with these issues.



Low mood

Most people go through periods of feeling low, but it's important to **reach out for help when you need it**. Symptoms of a low mood may include feeling sad, anxious, more tired than normal or trouble sleeping, feeling angry or frustrated and low confidence or self-esteem². If you experience any of these symptoms, our 24/7, 365 confidential helpline is here for you. Speaking through how you feel and possible solutions could help.



Depression

If you experience low mood for a period of 2 weeks or more, this could be a sign of depression. Other symptoms include feeling hopeless, struggling to concentrate on everyday things and having thoughts of self-harm or suicide². **Talking through how you feel with one of our counsellors may help**. We also have a range of articles and webinars available on our health portal and **My Healthy Advantage** app offering support whenever you need it.



Relationship issues

We are naturally social beings, with our lives full of relationships—friends, work colleagues, family, partners and many more. These relationships can become strained or difficult at times, and negatively impact our mental health. This is very common and another frequent reason to lean on our EAP service for help. **Our trained counsellors are here to provide a listening ear, offer constructive advice and ensure you feel supported.**



Work-related stress

Work is a huge part of our lives, with most of us dedicating a large proportion of our adult life to work. It's only natural that—with so much time spent at work, including the commute—this is a common factor contributing to stress and anxiety. **It's important to be self-aware and try to spot the signs of stress early.** Our online health portal and **My Healthy Advantage** app offer stress management assessments and several articles on work-life balance.



Bereavement

Bereavement is always difficult. Whether sudden and unexpected, or something you've had time to prepare for, the loss of a loved one is hard to bear. Our health portal and **My Healthy Advantage** app can **offer support with information on how you're likely to feel and advice on how to cope**. Our 24/7, 365 confidential helpline is also there if you need to talk to someone and speak through what you're going through.

¹ House of Commons Library (2020) 'Mental health statistics for England: prevalence, services and funding'
² NHS UK (2019) 'Low mood, sadness and depression'

For further support and resources visit:

healthassuredeap.com

Username:

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Download **My Healthy Advantage** today