

# Employee Assistance Programme

Care first



## Do you find it a struggle to balance the demands of work, family and your relationship?

Through the Employee Assistance Programme (EAP) provided by Care first, you can speak to an adviser 24/7, on any issues that may be affecting you at home or work, such as:

- financial concerns
- stress and anxiety
- relationship worries
- drugs and alcohol misuse
- bereavement
- ...and much more

**The EAP service is a non-contractual benefit facilitated by Aviva and it can be withdrawn by Aviva at any time without notice. The EAP service is provided by Care first.**

The EAP is available to call, 24 hours a day, 365 days a year on:

## 0800 015 5630

Lines are open 24 hours a day, 7 days a week. Calls to this number are free of charge from UK landlines and mobile phones.

\*Calls are confidential unless we believe there is a risk of serious harm to yourself or anyone else.

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