



# Mental health support for your staff in difficult times

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With the additional stress of COVID-19, the heightened importance to support your staff's mental health is more crucial than ever before. We would like you to have some support from us with our Employee Assistance Programme (EAP).



## Help for your staff

Offering staff a 24/7, 365 telephone helpline, a range of information and practical support for problems at work and home. In addition, employees can access a wide range of online Cognitive Behavioural Therapy (CBT) workbooks covering all major concerns.

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## Lifestyle Discounts - FREE with EAP!

Recognising that many more staff will have to work remotely and in different ways, online shopping will become more and more utilised. We are therefore offering **free instant savings** across retail, food shopping, family essentials and much more to help support your staff even further.



Sainsbury's

TESCO

MARKS & SPENCER

Currys PC World

John Lewis

amazon

Argos

COSTCO  
.CO.UK