

CiC Employee Assistance

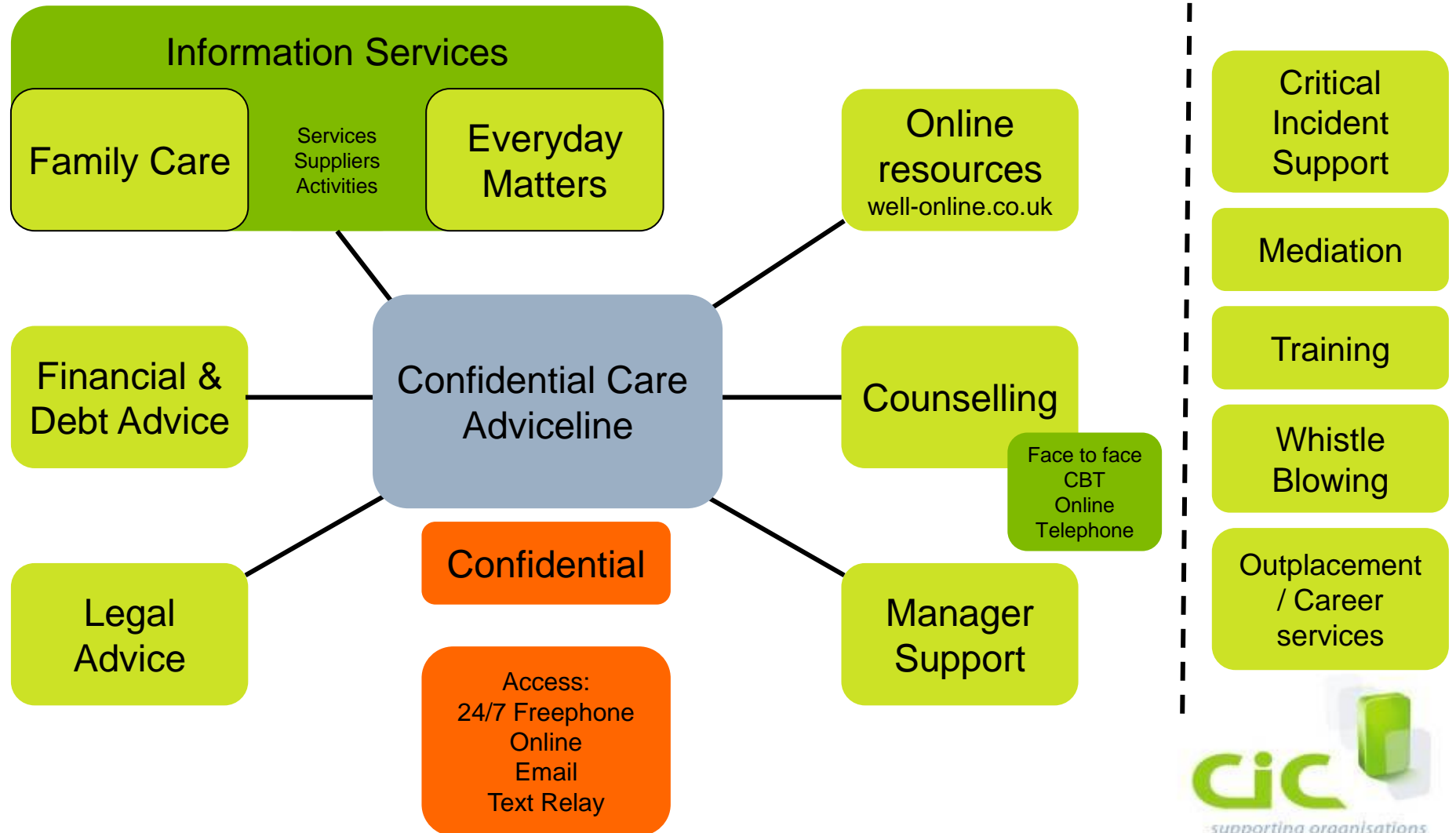
Support for St George's, University of
London



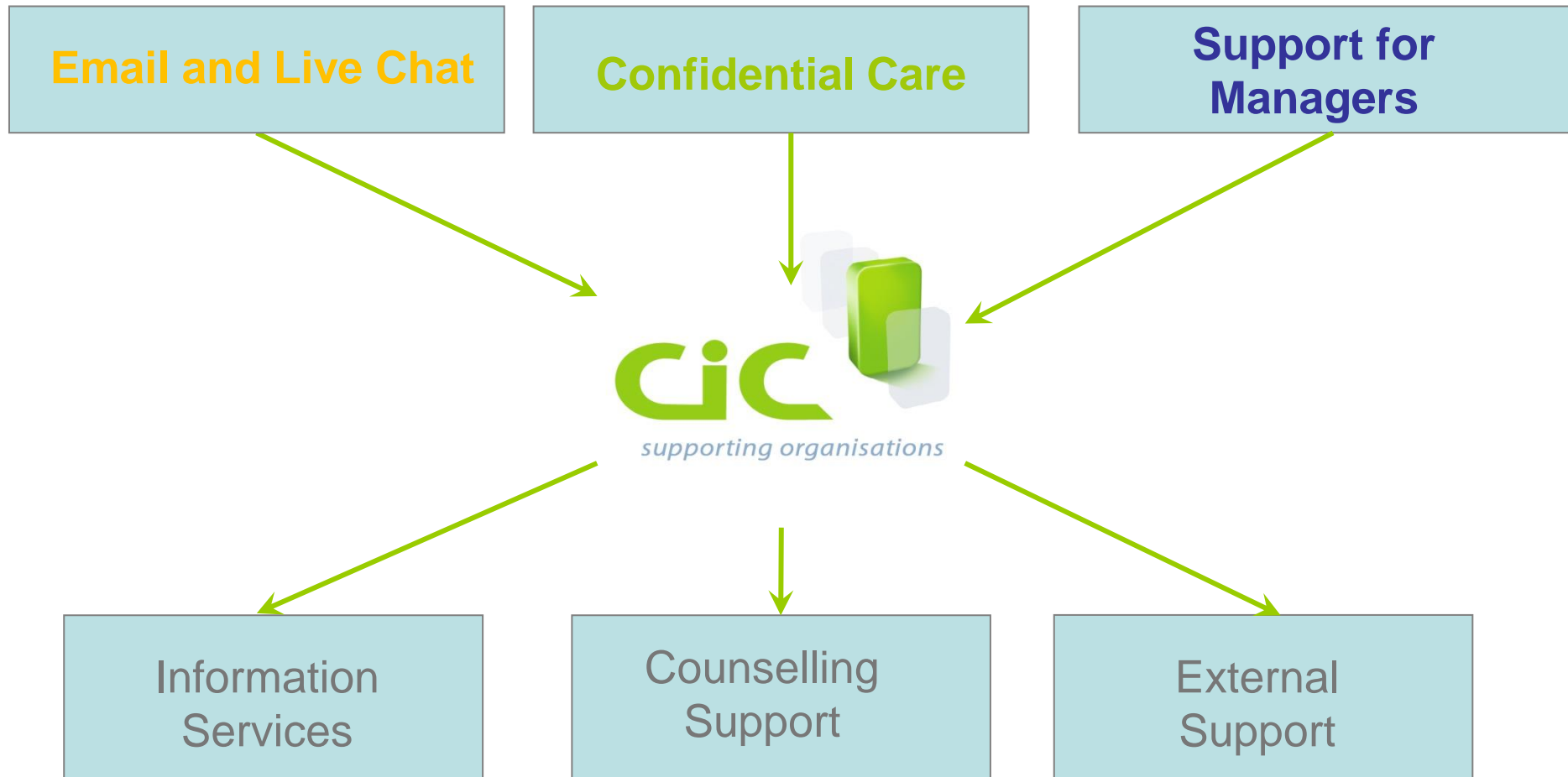
EAP: What and Why?



Support available now



How the service works



The Confidential Care Adviceline

- Available 24 hours a day, 7 days a week, 365 days a year
- Available to all St George's University of London employees
- Free and confidential
- Staffed by experienced counsellors
- Referrals to:
 - Structured Support (Counselling)
 - Information Services
 - External Support



0800 085 1376 (0207 938 0963)

Structured Support Options

- Mentored Introduction to Mindfulness
- Structured Telephone or Skype appointments
- Structured Online Counselling – Secure Chat
- Structured Face to Face appointments (up to 6 sessions per person per year)
- Couples Counselling as an alternative option

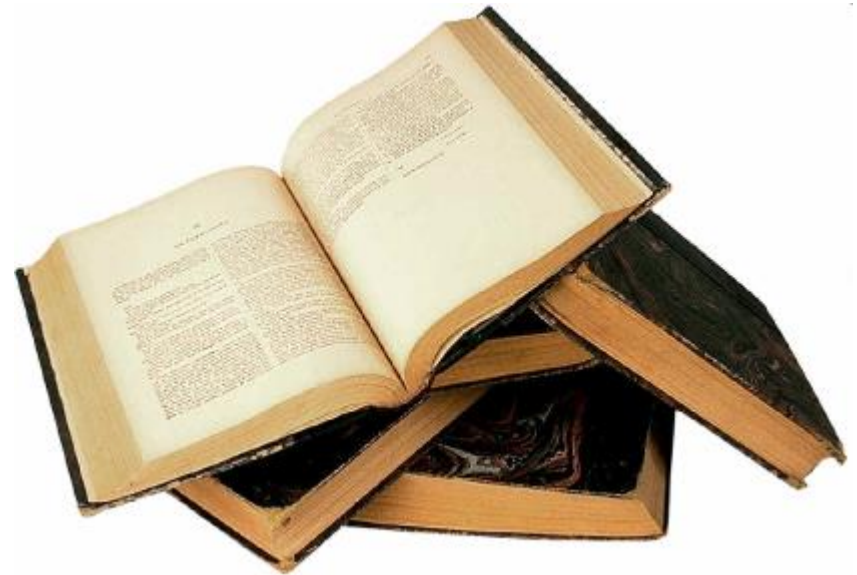


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Legal and Tax Information

Legal, tax, wills and probate

- Information and signposting service
- Access to legal experts
- Any area of the law
- **One consultation per unique issue**
- Onward referrals



Information Services

Family Care



Everyday Matters



0800 085 1376 (0207 938 0963)

Debt Assistance and Information

- Practical advice
- Income maximisation
- Actual solutions
- Bad credit ratings
- Debt management plans



Support for Managers

- Personal support as a manager
- Supporting your people
 - Counselling referrals
 - Feedback
 - Return to work support
 - Managing performance
 - Dealing with stress, anxiety and other mental health issues

0800 085 3805



Availability (UK time)

Confidential Care Adviceline:

24 hours a day, 7 days a week, 365 days a year

Email, Online Chat and Counselling Referrals

8am to 8pm Monday to Friday

Debt Information:

8am to 8pm, Monday to Friday

9am to 1pm Saturday

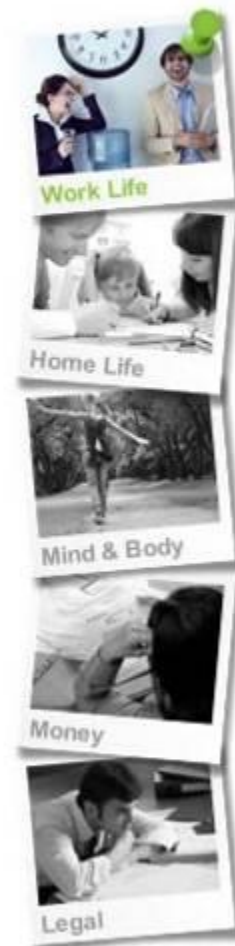
Legal Service:

8am to 8pm Monday to Thursday

8am to 6pm Friday



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Work Life

We spend roughly a third of our waking hours at work, which makes it important to find ways of actively engaging with what we do. A bit of pressure is helpful, but we also need to be able to feel satisfied and in control.

Welcome

Well Online is your comprehensive wellbeing resource, offering information, advice and confidential support. Brought to you by CiC, your organisation's Employee Assistance Programme (EAP), the site offers a wealth of practical tips, fresh ideas and stimulating reading. Whatever challenge you face, you will find help here.

Mental Health

This month's helpsheet looks at mental health.

Many situations arise in day to day life which can cause distress and how an individual copes with distress can vary considerably.

[Read more](#)



Wellbeing and how to enjoy a little more of it

This Helpsheet looks at wellbeing and how to enjoy a little bit more of it.

[Read more](#)



Advice Online

'Chat' online to one of our Adviceline consultants during office hours (9:00am to 5:00pm weekdays)

Live Support

ONLINE

CLICK HERE TO TALK!



Well Online: Logging In

Web address: www.well-online.co.uk

username: sglogin

password: wellbeing



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Log Out

Customer Support Messenger - Google Chrome

https://messenger.providesupport.com/messenger/0v12472gd0v8t14gwtgj45Su26.html

Live Support

Calling...

Currently in room: **Just Testing (Aidan)** [Exit]

Hello, I'd like to know more about the EAP...

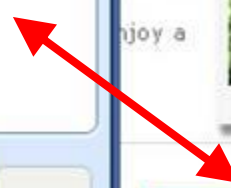
Send

Powered by ProvideSupport.com

comprehensive wellbeing
formation, advice and
Brought to you by
on's Employee
ne (EAP), the site
practical tips, fresh
g reading. Whatever
you will find help here.



Live Support
ONLINE
CLICK HERE TO TALK!



Questions?



Free and Confidential:

Confidential Care - 0800 085 1376

For Managers - 0800 085 3805

By Email - assist@cic-eap.co.uk

