

# Volunteer wellbeing support line

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.

Free 24 Hour Confidential Helpline:

**0800 917 6470**



Stress & anxiety



Counselling



Family issues



Work advice



Financial wellbeing



Childcare support



Relationship advice



Legal information



Medical information



Gambling issues



Alcohol & drug issues



Consumer issues

Download the Health e-Hub now



To find out more visit:  
[healthassuredeap.com](http://healthassuredeap.com)

health  assured

# Your wellbeing services



## Home Life Support

If you're having trouble balancing your budgets or debt, we have expert advisors here to offer the support you need.



## Physical & Emotional Health

A little information goes a long way. That's why we have a suite of wellbeing resources aimed to support you both physically and emotionally. From managing anxiety to simple breathing techniques



## Counselling Service

Volunteers will have access to video and telephone counselling sessions to support them through specific mental health issues.



## 4 Week Self-Help Programme

Whatever your goals, our 4 week programmes are designed to help you through those small, but important lifestyle changes. Covering everything from sleeping better to changing habits such as smoking and alcohol consumption.



## Mini Health Checks

Our Mini Health Checks are a great way for you to assess your own wellbeing. They only take a minute or two and you'll be provided with instant guidance, based on your answers.



## Health Calendar

The Health Calendar raises awareness each month of different health concerns such as Heart Disease or Dementia, providing information on early detection and how to help prevent issues occurring.



## Webinars

At Health Assured we have a particular focus on supporting your mental wellbeing. Our webinars provide topical information and coaching to guide and educate on a range of mental health issues.

Don't forget, you can always call our FREE 24-hour Confidential Helpline:

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