

EMPLOYEE ASSISTANCE PROGRAMME



Our Employee Assistance Programme (EAP), Vivup, is available for all employees.

The service is free of charge for you to use and you don't need to ask your manager to use Vivup. You can speak to a professional counsellor in complete confidence. Vivup is available **24 hours a day, 7 days a week, 365 days a year** and is accessible by phone or online.

To contact Vivup, please call **0800 023 9387** or alternatively, access this service confidentially online at : <https://vivup.yourcareeap.co.uk/?CODE=109853>

What do I use the service for?

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for a range of different issues.



Support, advice, and information to help with your mental health and wellbeing



Independent confidential counselling support provided by caring and suitably qualified personnel



Assistance with many different issues including Relationships, Finances, Family Difficulties, Anxiety, Bereavement, Stress, Depression, Workplace Issues, and Trauma



Confidential support for any of life's challenges no matter how big or small

Vivup also provides downloadable self-help workbooks providing insight, advice and support across a range of topics. Easy Read Leaflets and Audio accessible versions are also available.



Telephone
helpline



Debt and
financial advice



Downloadable
self-help workbooks



Podcasts, blogs and
more