**The Employee Assistance 24/7 Helpline**

When you are anxious or stressed about something personal or work-related it can be difficult to be your best at work or at home. That’s why we offer the Employee Assistance Programme services to anyone working for the Trust.

**Care First** gives you, your partner and dependent family members a place to turn for support any time of day or night, 365 days a year. Support is available for whatever issues you might be facing, including work stress, depression, marriage and relationship issues, legal concerns, coping with change, parenting issues, financial problems and much more.

**Online Services**

The Care first Lifestyle website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires and online counselling in real-time.

<https://www.carefirst-lifestyle.co.uk/>

