



eap services

altogether better with habit health



To arrange confidential help and support at a convenient time and location, scan the QR code to book now or call us on **0800 327 669**.

Download our free app today and prioritise your wellbeing with **habithealth+**



Reasons for seeking EAP support:

- have family concerns or parenting issues
- are having difficulties adjusting to change or life transitions
- are experiencing low self-esteem, anxiety, or compulsive thoughts
- have issues with your diet or exercise
- are finding it difficult to sleeping
- need support to quitting smoking
- require legal advice (excluding employment matters)
- have experienced trauma, grief, or loss
- need support with your physical health
- need help budgeting, debt or preparing for retirement or redundancy
- would like to improve your communication skills
- need career development or direction
- need support regarding workplace conflict