

To: All employees

For Information

Employee Assistance Programme (EAP)

A reminder to all University employees.



Your free and confidential Employee Assistance Programme (EAP) provided by Validium is available 24/7 to support you with any personal or work related concerns you may have.

If you have anything that is on your mind, concerning you in any way, you can discuss it with a counsellor, debt/financial specialist, legal specialist or health and wellbeing professional. Managers can also call for management advice on areas such as tackling difficult issues or supporting staff with health issues affecting their work.

Simply call **0800 3 58 48 58** (or **0330 332 9980** from a mobile with 'inclusive' contract minutes) any time of day or night for EAP support.

You can also access the EAP via **vClub**. Simply visit www.validium.com and enter the username: *UofE* and password: *weareessex* for access to lots of EAP related information.

Further information can be found on the Occupational Health web pages:
<http://www.essex.ac.uk/staff/ohs/health/counselling.aspx>