EMPLOYEE ASSISTANCE PROGRAMME

With ever-increasing pressures at work and home, there are times when we all need some extra support to balance the demands of everyday life. That's why UCL provides staff with a free and confidential, Employee Assistance Programme (EAP) from Workplace Options, an independent provider of employee support services.

Support is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone, email, online and via instant messaging. The EAP can provide practical information, fact sheets and packs, resource information on support services in your local area and even short-term counselling to help get you back on track.

Freephone: 0800 243 458
Outside the UK: +44 (0) 20 8987 6550
Minicom: 020 8987 6574
SMS texting: +44 (0)790 934 1229* (for call back)
Email: assistance@workplaceoptions.com
*Standard text messaging rates may apply

The EAP is designed to help you with a wide range of work, family and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and well-being, let your EAP support you on the issues that affect all of us at some point in our lives. Topics include, but are not limited to:

- Work-life balance
- Relationships
- Childcare information
- Health and well-being
- Debt
- Disability and illness
- Careers
- Bereavement and loss
- Stress
- Elder care information
- Life events
- Immigration
- Anxiety and depression
- Family issues
- Bullying and harassment
- Education
- Consumer rights
- Workplace pressure

www.ucl.ac.uk/hr/occ_health/services/emp-assistance-programme.php
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