YOUR EMPLOYEE ASSISTANCE PROGRAMME

Your online support for any work, personal, or family issue is calling one address home.

WEBSITE FEATURES INCLUDE:

- **Live Connect**™—instant messaging with an information specialist/counsellor
- **Pocketsmith**—an innovative, calendar-based tool to help you quickly and easily manage your personal finances
- **Care Centre**—a virtual space for those with caring responsibilities to share information
- **Learning Centre**—interactive tools to help you build skills and solve work and home challenges

To support your total well-being any time, any day, your Employee Assistance Programme provides telephone-based support, as well as comprehensive online resources. When you log on to the website, you will have immediate access to an abundance of tools, articles, tips, links, and searchable databases to help you with the issues that matter to you.

FREEPHONE: **0800 243 458**
EMAIL: assistance@workplaceoptions.com
WEBSITE: www.workplaceoptions.com
OUTSIDE THE UK: +44 (0) 20 8987 6550 • MINICOM: 020 8987 6574

To access the benefits of your EAP website, follow these easy steps:

- Log on to www.workplaceoptions.com
- Click on “member login”
- Enter your username and password as follows:
  Username: UCL
  Password: employee