

Supporting Your Health & Wellbeing During the Events in the Middle East

We recognise that this is a time of great distress and worry for people across the world, and particularly so for those with family/friends/loved ones in the Middle East. Our team of counsellors is available 24/7 to provide in-the-moment support to any employees affected by the recent events

Our service is completely confidential.

If you are experiencing anxiety, fear, worry, sadness or just want someone to talk to, you can access the 24/7 EAP at any time to speak freely with a counsellor who will provide support and guidance.

Our EAP provides a range of services to support your mental health and wellbeing during the Middle East events:

- **Emotional Support:** Our experienced and compassionate counsellors are available to listen and provide emotional support. They can help you process your feelings and provide guidance on coping strategies.
- **Counselling Services:** Speak with a mental health professional who if clinically appropriate will refer you to short-term counselling. Whether you need short-term support or ongoing therapy, our EAP can connect you with the right resources.
- **Mental Health Resources:** Access a wide range of resources, including articles, videos, and self-help tools, to help you better understand and manage your mental health and wellbeing.

- **Financial and Legal Consultation:** Our EAP can provide access to experts who can offer guidance on financial and legal matters that may arise during the current events.
- **Supporting Student or Colleagues:** You can also call for advice on supporting a student or colleague (all calls are confidential).

We are here to help you navigate through this difficult period. Calls are not limited in length or frequency. You are free to access this type of support an unlimited number of times.

You can reach the EAP and speak to a counsellor by calling: 0808 1965808

[Access Support Here](#)

