



Hope HEALTH
Transforming work place wellbeing

EMPLOYEE ASSISTANCE PROGRAM

SUPPORT FOR YOUR PEOPLE



HOPE HEALTH EMPLOYEE ASSISTANCE PROGRAMME

HAPPIER, HEALTHIER, MORE HOPEFUL EMPLOYEES ARE MORE MOTIVATED AND PRODUCTIVE

Employers have a responsibility to improve their employees' health and wellbeing. An Employee Assistance Programme (EAP) is an employee support system designed to help your organisation deal with issues that could be affecting their home or work life, health and general wellbeing.

The Hope Health EAP service provides, not just reactive care, but preventative and proactive help, that supports the whole person with their mental, physical, financial and social wellbeing. This holistic approach to supporting wellbeing creates the best results for both the individual and the business.

After all, people are the heart and hope of successful businesses.

Our EAP is proven to:



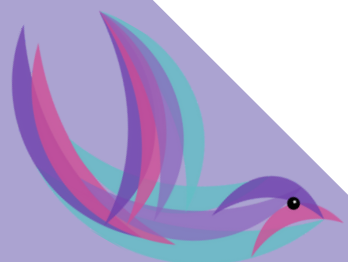
Reduced absences



Reduced workplace stress



increased wellbeing
& overall happiness



TALK TO US

0204 538 0758

contact@hope-health.co.uk

SERVICE OFFERING



TELEPHONE SUPPORT

24/7, 365 telephone confidential telephone support from a trained Mental Health First Aider who will be able to listen and provide support on a range of issues that may be impacting on an individuals wellbeing.



COUNSELLING/THERAPY

Our counsellors and therapists offer a range of therapeutic practices including CBT, DBT, ACT, Psychotherapy, sleep, nutrition, finances and relationships.



SELF HELP & PSYCHO-EDUCATION

Many individuals experience psychological distress because they lack critical information. Psycho-education (giving information) therefore is a hugely important psychological intervention. Hope Health can provide this in a range of formats:

- information given verbally in a therapy session;
- written material in the form of Psychology Tools information handouts, guides, and bibliotherapy
- exercises or homework tasks where individuals are encouraged to discover information for themselves.
- Large scale virtual or face to face sessions



TALK TO US

0204 538 0758

contact@hope-health.co.uk

SERVICE OFFERING

TRAINING



Mental Health First Aid, 2 Day Adult Course - up to 16 delegates. Online or Face to Face- From £125pp

Mental Health Awareness- up to 25 delegates. Online or Face to Face- From £60pp

Suicide Prevention Training - from £50pp

CORPORATE WELLBEING RETREATS/EVENTS

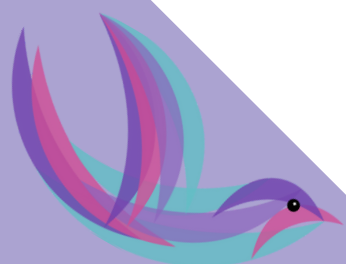


Bringing together some of Hope Health's leading field experts in workplace mental health and wellbeing our events and retreats have been curated to ignite conversation and share scientific knowledge and best practice, with the aim of creating a culture of positive mental health and wellbeing in your workplace.

Our talks will inspire, encourage and motivate your employees, providing practical takeaways that encourage positive change in the present moment.

TALK TO US

0204 538 0758
contact@hope-health.co.uk





HOPE HEALTH LTD

86-90 Paul Street
London
EC2A 4NE

0204 538 0758

contact@hope-health.co.uk