



Employee Assistance Programme

Care first
employee assistance solutions

Who are Care first?

- Professional counselling, information and advice service offering support for issues arising from home or work.
- Complements existing Human Resources, management and employment policy and procedure.
- Provides an opportunity to discuss problems away from the workplace independent of the situation.

Care first

employee assistance solutions

How to use Care first

- Counselling Helpline available 24 hours/day
- Assessment – how does this affect your work?
- Contract with telephone counsellor
- Face to Face counselling
- Information Specialist services
- Online Counselling via <http://carefirst-lifestyle.co.uk/>
- Management consultancy & advice
- Critical incident management

Issues ... loss and change ...

- changes at work
- redundancy
- promotion
- relocation
- bullying and harassment
- financial difficulties
- health problems
- gender issues
- domestic violence
- housing
- relationship difficulties
- bereavement
- separation/divorce
- family problems
- physical abuse
- drug/alcohol/substance problems
- eating disorders

Care first

employee assistance solutions

Management Service

- Does not substitute for usual manager and employee relationships
- Managing change
- Effective workplace performance
- Changes at work
- Consultancy, advice and support
- Traumatic incidents

Care first Information

- Information Specialists
- Wide range of issues
- Information booklets
- Confidential, Freephone service Monday to Friday 8 am to 8 pm

Care first *Lifestyle*

Care first Supporting your business 24 hours everyday

Main website

My homepage

At home

At work

Health

Managers Area

FAQ

Log out

Search

news

New Articles

Awareness Dates

National Organic Month

Know Your Numbers

World Heart Day

Mental Health Day

National Parents' Week

National Stress Awareness Day

World Diabetes Day



Care first Client Area

Welcome to Care first

Your organisation has invested in the wellbeing of all employees. This online resource is available free of charge, offering immediate information, answers and advice to a range of workplace and personal issues.

When life is good and you're care free, it's easy to hold your head up and smile.

But occasionally you might experience a time when nothing seems to go your way; be it at work or at home. That's when things can start to feel like they're getting on top of you.

Whether you need information or have questions regarding issues such as; Stress, Pregnancy, Debt, Landlords, Neighbours or Nutrition, Care first online wellbeing can provide the answers.

Care first

Logged in as carefirst
Go to my homepage
Log out



Telephone Counselling
& Information Line

Call us 0800 xxx xxx



Care first Vitality

Your personal health, fitness
and nutrition portal.

Care first

employee assistance solutions

Care first *Zest*

Care first Vitality

Care first

Test Test

- DASHBOARD
- ASSESS YOUR WELLBEING
- GOALS
- LOGBOOK
- PROGRAMMES
- COMMUNITY
- RESOURCES

Welcome Test

GOAL

Set goals to track areas of health and fitness

SET GOAL

Drink More Water

Drink 4 glasses of water today

1 SO FAR | 4 TARGET

Get Active 1

Log 5 activities in your logbook

Get an early night

Log 1 night's sleep with a minimum of 7 hours sleep

OVERALL SCORE

56

TODAYS CALORIE BALANCE: 2350

ASSESS YOUR WELLBEING

Your score indicates that your overall Wellbeing Category is **Pretty Good**

To improve your overall score, focus on the areas of your Wellbeing Wheel that show the lowest growth.

Setting up goals will help you achieve this.

CLOSE SET YOURSELF A GOAL

Care first

FOOD ACTIVITY SLEEP WEIGHT WAIST CAFFEINE

Test Test

LOG FOOD FOR TODAY

Core Flakes

Core Flakes (Low Sodium)

Serving

Quantity of Serving

CUSTOM FOOD ADD

OVERALL SCORE

56

TODAYS CALORIE BALANCE: 196

ASSESS YOUR WELLBEING

Kick start your day with exercise!

Looking After Your Eyes

Beat Stress with Exercise and Fresh Air

Get Fit for Free

Diet and Blood Pressure

Swimming for Fitness

Tips for Eating Out - Indian & Chinese

Watch your Portions

The Stop Smoking Timeline

Confidentiality

Only broken in exceptional circumstances

- Threat to the life of another person
- Child protection & Vulnerable Adult issues
- Risk to the security of the organisation

Who are the counsellors?

- Professionally qualified with a minimum of Diploma level training.
- Members of the British Association for Counselling and Psychotherapy.
- Checked by Criminal Records Bureau.
- Extensive experience e.g. NHS clinical psychology, GP Practice, private psychotherapy practice and agencies such as Relate and Cruse.
- Personal qualities and organisational experience.

Care first

Counselling, Information and Advice
24 Hours a day every day of the year

Counselling and Information

0800 174319

On-Line:

www.carefirst-lifestyle.co.uk

Username: abu001

Password: pa1872au

www.welshframework-zest.co.uk

Organisation code: WF1

Care first

employee assistance solutions