

## **Support for You and Your Family During Challenging Times**

Workplace Options understands that the recent riots and protests in the UK may create feelings of uncertainty and fear within our communities. These events can affect not only our physical safety but also our emotional and mental wellbeing. Our Employee Assistance Program (EAP) provides you and your family with the ongoing support and in-the-moment resources needed to navigate these difficult circumstances.

### **Workplace Options EAP Services to Help You**

#### **Manager Assist**

- **Support for Leaders:** As a manager, you play a crucial role in supporting your team's wellbeing during challenging times. Our Manager Assist services offer confidential guidance and resources to help you navigate mental health challenges within your team. You can access 24/7 care from clinically trained counsellors, receive advice on managing acute situations, and utilise our Critical Incident Team to address the impact of disruptive events on your team. These resources are designed to equip you with the knowledge and tools needed to foster a supportive and resilient workplace environment.

#### **Counselling & Mental Health Support**

- **Immediate Response Counselling:** During these times of heightened tension, having immediate access to professional support can make a difference. Our team of qualified mental health professionals is available to provide in-the-moment support whenever you need it. Whether you are experiencing anxiety, stress, fear, or other emotional challenges due to the ongoing unrest, these sessions are designed to offer a safe space where you can express your feelings - 24/7.
- **Short-term Counselling Sessions:** In addition to immediate support, we offer short-term counselling tailored to address specific concerns related to the current community tensions. You can schedule sessions at your convenience, choosing the format that best suits your needs—whether by phone, video, or in-person. Our counsellors work with individuals, couples, and families to explore solutions and coping strategies, helping you manage stress and anxiety while building resilience in the face of uncertainty.

## WorkLife Services

- **Practical Support:** The disruptions caused by recent events can create challenges in daily life, from finding emergency accommodation to accessing community support. Our WorkLife Services team is here to assist you in navigating these challenges by providing referrals to essential services. Whether you need help with family care, local support groups, or other daily life necessities, we can connect you with the resources you need to ensure a safety plan.

## Life Coaching

- **Resilience and Coping Strategies:** In a world of ongoing change and stress, building resilience is crucial for maintaining mental and emotional health. Our certified life coaches are available to work with you on developing personalized strategies for managing stress and adapting to the evolving situation. Through life coaching sessions, you can set goals to improve self-confidence, establish healthy boundaries, and focus on personal growth despite external challenges. These sessions aim to empower you with the skills needed to navigate life's transitions and maintain a sense of control.

## "Aware" Mindfulness Program

- **Mindfulness and Stress Management:** The Aware Mindfulness Program offers a comprehensive approach to managing stress and anxiety through a personalized six-session journey. Led by a dedicated mindfulness specialist, this program is designed to help you improve focus, enhance emotional regulation, and develop positive thought patterns. By engaging in mindfulness practices, you can cultivate a state of calm and clarity, which is especially beneficial during times of heightened tension and uncertainty. This program is available in multiple languages, ensuring accessibility for all participants.

## Contact Your EAP

Our services are confidential and free of charge, available to you, your family, and household members. To access support, contact your EAP via phone, chat, or the iConnectYou App.