



› Assistance Programme

People call us for a number of reasons, whether it be financial, family, health or other personal issues there are many ways we can help. We offer a range of counselling to support you through whatever you are dealing with. Remember, a problem shared is a problem halved.

› Home Life Support

Family, finance or legal issues? We can help, whether it is guidance on balancing your budget and managing debt or information and assistance with civil disputes and consumer law, we have expert advisors that can offer the support you need.

› Work Life Assistance

Advice dedicated to supporting you with a range of professional issues, whether it be returning to work or coping with a change in structure and dealing with the balance between shift work and home life.

› Physical and Emotional Health

A little information goes a long way if used well. We have a series of articles dedicated to advising simple changes and support, whether it be coping mechanisms or breathing techniques to manage anxiety and dealing with stress.

› Wellbeing Resources

We recognise the value of self-help tools in dealing with a range of issues, which is why we provide a range of CBT self-help modules, informative factsheets and invaluable advice video presentations by a leading Counselling supervisor.

› 4 Week Self-help Programmes

We have developed some four week programmes to help you make lifestyle changes, these cover a number of areas from losing weight to sleeping better and improving or changing habits such as smoking and alcohol consumption.

› Mini Health Checks

Wellbeing resources at your fingertips designed to quickly inform and assist with a number of common concerns ranging from stress to diet.

› Health Calendar

Updated on a monthly basis the Health Calendar targets a couple of key areas of concern, such as Heart Disease or Dementia etc., to raise awareness and provide information on early identification and support.

› Webinars

Health Assured's vision is to support individuals and organisations and build resilience through raising awareness of wellbeing, particularly mental wellbeing. As part of this goal, we are developing a library of e-coaching programmes to enhance understanding of wellbeing issues.

