



Employee Assistance Programme

Connecting employees to emotional, financial and legal support when they need it most

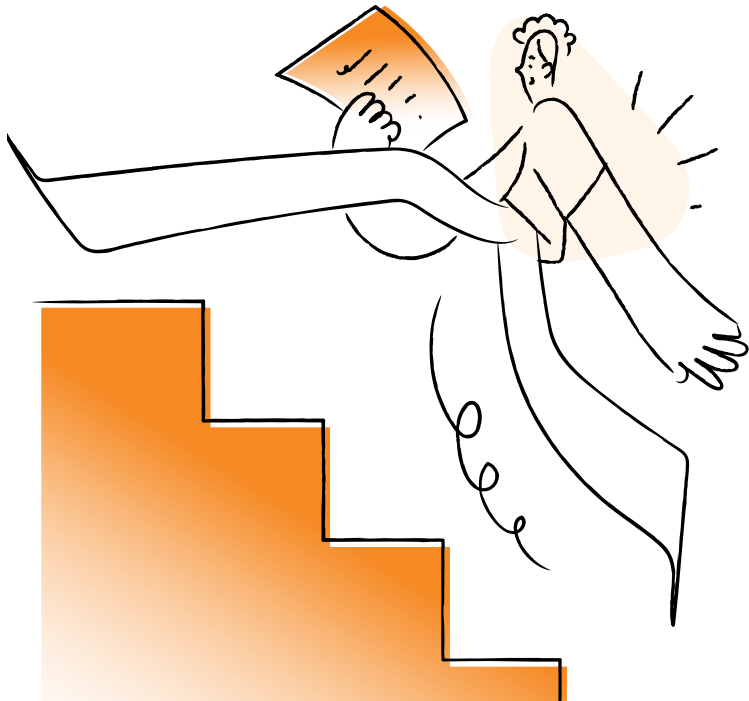


How our Employee Assistance Programme can help your employees

Overwhelming personal issues may be affecting your employees at work, from mounting debts, struggling with the loss of a loved one, or experiencing anxiety caused by difficulties at home.

Our Employee Assistance Programme (EAP) offers dedicated, specific support in an array of areas.

Our EAP can help to tackle sickness absence and presenteeism rates, by providing counselling support that helps employees identify the root causes.



It takes courage to ask for help


Our support is completely confidential. Your employees can be assured that our trained counsellors will do all they can to support them through their journey.

Employees are able to access the EAP from anywhere, at any time, in a place that they feel comfortable.

Our EAP allows your employees to access a 24/7 telephone helpline, enabling them to speak in confidence to an accredited counsellor or subject specialist.

Employees can receive advice and information on areas including:

- ✓ Stress and anxiety
- ✓ Relationship difficulties
- ✓ Bereavement
- ✓ Health and wellbeing
- ✓ Financial and debt support
- ✓ Legal support
- ✓ Family issues
- ✓ Emotional problems
- ✓ Digital gym and meditation
- ✓ Health information & recipes

 **61%** of UK employees left a job in the last year or plan to leave in the next 12 months **due to poor mental health***

*Source: <https://www.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-report-2022.pdf>

Contact our enquiries team today on **0121 454 3601** or visit www.bhsf.co.uk/employee-assistance-programme/

How we can help your employees and your business

Our EAP can help to tackle sickness absence and presenteeism rates, by providing counselling support that helps employees identify the root causes.


We are on-hand to offer advice and guidance to managers dealing with people management issues. We can also provide regular management information reports, showing the volume of calls and category type.

Marketing materials will be available to help you raise awareness and engagement amongst employees.

If preferred, face to face consultations are also available. We also provide access to an online portal where your employees can find a range of self-help workbooks.

There are three options to suit your business requirements:

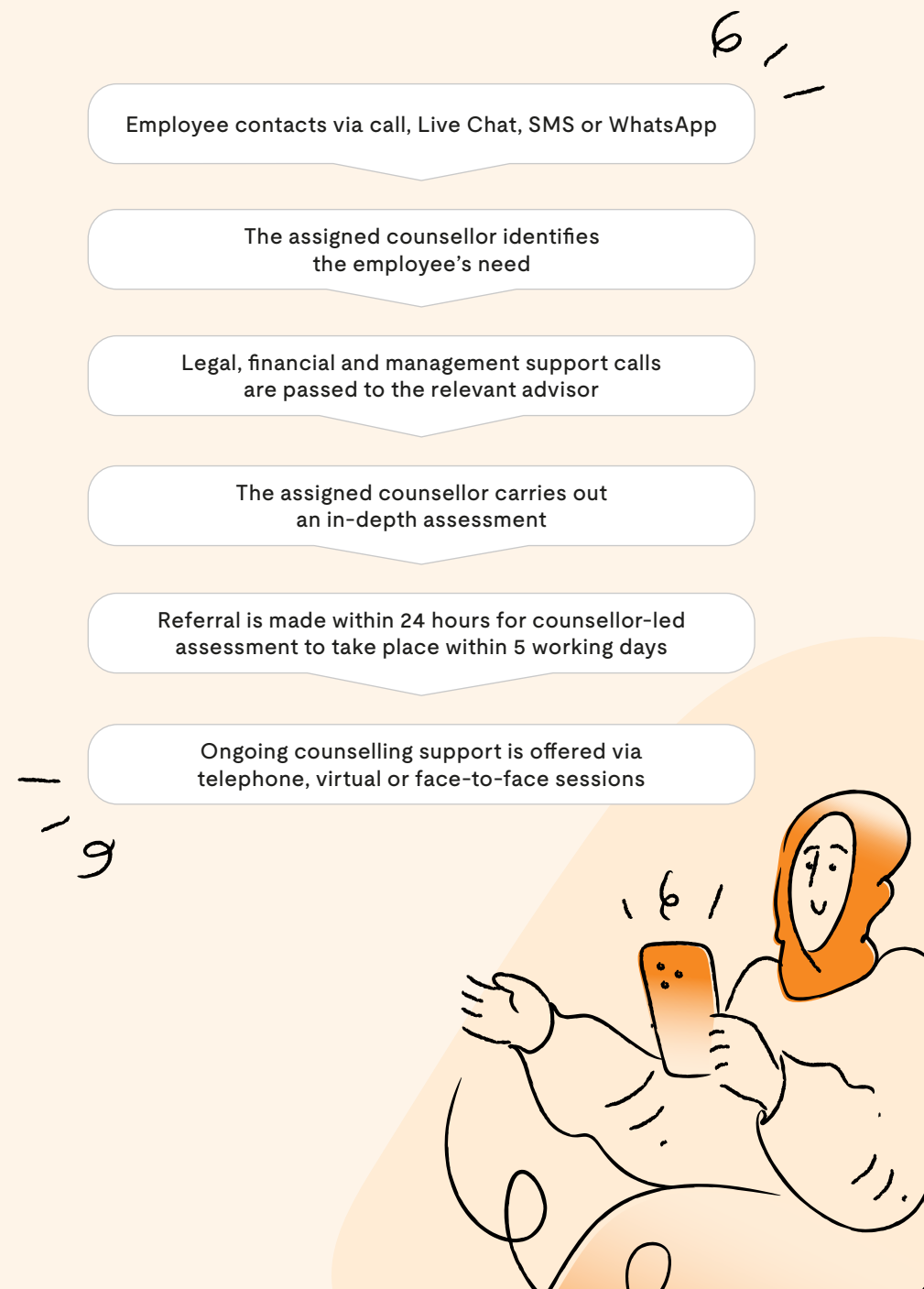
<p>Telephone-only service</p> 	<p>Telephone and face-to-face counselling</p> 	<p>HMRC compliant EAP services</p> 
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 **64%** of managers have considered quitting for a job that would better support their wellbeing*

*Source: <https://www.deloitte.com/uk/en/insights/topics/talent/workplace-well-being-research.html>

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Here's how it works



Make a positive impact on your employees' mental health and wellbeing today

Our clinically led, digitally enabled approach drives high engagement and measurable impact. We support individuals with meaningful care that helps people feel better, work better and thrive.

For further information, feel free to contact us at enquiries@bhsf.co.uk or call us at 0121 454 3601



Trustpilot score accurate as of May 2026



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