



YOUR GLOBAL EMPLOYEE ASSISTANCE PROGRAMME

Balanced living relies on total well-being. While stress is a normal part of life, it is important to recognise when situations create an unhealthy amount of stress, distraction, or worry. Before any work or life issue becomes a larger problem, or for support when you're facing difficulties, contact the service for free, confidential counselling, resources, and information to help you regain focus.

Live assistance is always available.

As an employee, you and your family have access to free, confidential assistance with any work, life, personal, or family issue. Any time, any day, you can contact the service for live assistance including short-term professional counselling, resources, referrals, and information.

You're supported worldwide.

- Available 24 hours per day, 7 days per week, 365 days per year
- Access available worldwide by phone, e-mail, or web
- Provides information, resources, and counselling on any work, life, personal, or family issue that matters to you
- No cost to you to use the service
- Supports as many issues as you require
- Up to 5 sessions per issue, per year
- Support and resources available in your language

The service is confidential.

Employee Assistance Programme (EAP) is provided by Workplace Options, an organisation staffed by professionals who are completely independent of your employer. When you contact the service, the only information required from you is the name of your employer. Any additional information you share is at your discretion. Workplace Options and its vendor partners are bound by professional standards regarding confidentiality, and does not disclose details of individuals who have contacted the service.

Let the service help.

Professionals are ready to assist you with any issue that matters to you and your family.

Topics include, but are not limited to:

- Balancing work and home life
- Relationships
- Personal issues
- Stress
- Emotional support
- Grief, trauma, loss
- Anxiety and depression
- Substance abuse
- Workplace concerns
- Bullying and harassment
- Life transitions

Access is easy.

No matter when, no matter where, you have free, confidential support by phone, e-mail, or web. Call or log on to get started.

COLLECT/REVERSE CHARGE CALLING:

+44 208 987 6230

Contact your international operator and request that the charges be reversed or dial us direct and we will call you back.

E-MAIL:

support@worldwideassist.co.uk

WEBSITE:

<http://www.achievesolutionsglobal.net>

COMPANY CODE:

automation

SMS TEXTING:

+44 790 934 1229

Standard text messaging rates may apply.

When e-mailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.

Calls placed from mobile phones or Internet-based lines (VOIP) are carrier dependent and not guaranteed. Please log into the website for additional information.

Please see the back of this flyer for a full listing of the Employee Assistance Programme Country-Specific Telephone Numbers for each Country.



YOUR GLOBAL EMPLOYEE ASSISTANCE PROGRAMME COUNTRY-SPECIFIC TELEPHONE NUMBERS FOR YOUR HOME COUNTRY

Argentina	0800-666-3495
Australia	1-800-730-931
Austria	0800 202 421
Belgium	0800 819 05
Brazil	0800 047 4961
Canada	877 847 4525
Chile*	1230-020-8959
China	800 820 8709 (code 1998) or 400 620 1318
Colombia	009 800 8000 3030
Czech Republic	00 800 8000 3030
Denmark	806 09 317
Dominican Republic	1-888-751-8553
Ecuador	Stage 1: 1-999-119 (Spanish) Stage 2: 877-279-8534
France	0800-914821
Germany	0800 723 6440
Hong Kong	800-905-405
India	080-4246 0121 (land line) or 1-800-425-9595 (toll free)
Indonesia*	001-803-015-204-6089
Ireland	1800 490 390
Italy	800-788-034
Japan	0800-222-1990
Kuwait	+44 208 987 6550
Malaysia	1-800-816-193
Mexico	01-800-681-1529
Netherlands	0800-327-7378
New Zealand	0800 327 669
Oman	+44 208 987 6550
Panama*	800-0183
Peru	0800 770 28
Philippines*	1-800-1-116-0905
Poland	0-0-800-141-0101
Portugal	00 800 8000 3030
Russian Federation	8 800 100 9480
Saudi Arabia*	800 844 3261
Singapore	800-130-1950
Slovakia	00 800 8000 3030
South Africa	0-800-981-216
South Korea	080-080-5988
Spain	900-838330
Sweden	020 980 730
Switzerland*	0800-802-481
Taiwan	00801-14-8766
Thailand	001-800-13-203-1941
United Arab Emirates	8000-3570-2849
United Kingdom	0800 243 458
United States	855-897-4044
Venezuela*	0-800-100-9117
Vietnam	+65 6692 0848
All others	+44 208 987 6230 reverse charges permitted

*Note that calls from a mobile phone will not be connected. Use the text or email options listed on the front of this flyer and we will call you back.

If your home country is not listed above, if you are calling from outside your home country, or if you are experiencing difficulty with a toll-free number, you may place a reverse-charge call. Access your International operator and request to place a reverse-charge call to +44 208 987 6230.

YOU'RE SUPPORTED WORLDWIDE.

Free, confidential support available 24 hours per day, 7 days per week, 365 days per year.

