

Stress Counselling helpline

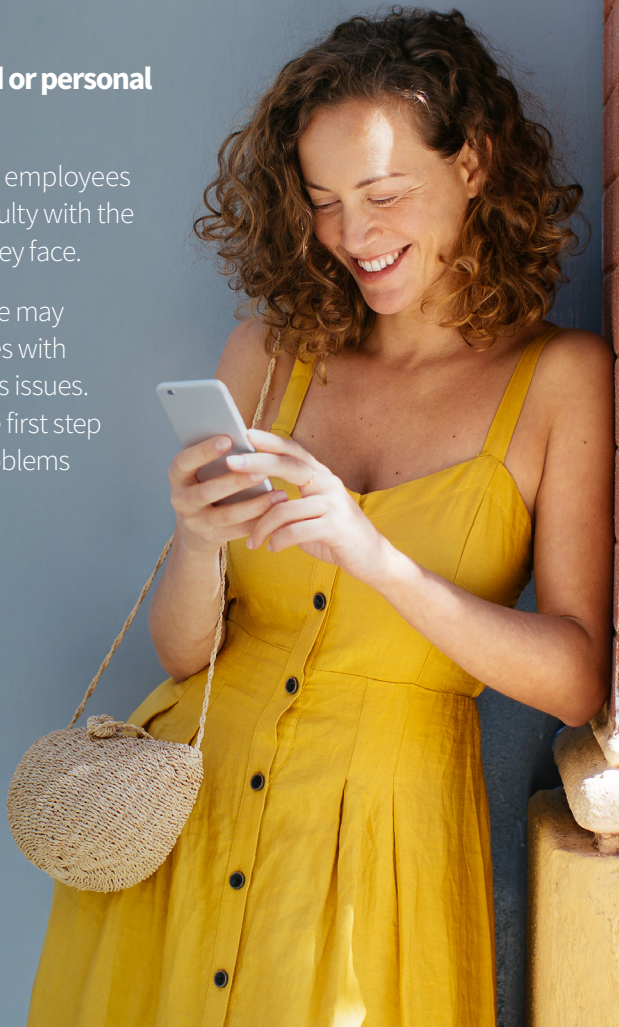
A little **more** conversation

Get help with work-related or personal stress issues

Stress can develop when your employees feel that they are having difficulty with the demands and expectations they face.

The Stress Counselling helpline may be able to help your employees with personal or work-related stress issues. Talking and sharing can be the first step in helping to work through problems and resolve them.

**You matter.
Help is at hand.**



Stress Counselling helpline – there when **your employees need it!**

The Stress Counselling helpline enables your employees to talk over and find solutions for the issues that cause stress, before they can lead to bigger problems:

- ✔ **It's good to talk:** Your employees can speak to trained counsellors in confidence about the issues that are troubling them.
- ✔ **Early intervention can help:** The best time for your employees to get confidential help is as soon as possible. Allowing issues to build over time can create bigger problems down the line.
- ✔ **Totally confidential:** Your employee's conversations on the helpline won't be shared with anyone else without their permission.
- ✔ **Personal or work-related issues:** The helpline is there to help your employees deal with either or both.

Who can access this service?

Employees covered under your Aviva health insurance policy can access our wellbeing services – including the Stress Counselling helpline – at no additional charge. We think it's important that employees can easily find support to live well and stay healthy every day, alongside the peace of mind that's provided by the healthcare cover included in an Aviva health insurance policy.

The service is available to customers aged 16 or over.

How can I find out more?

The Stress Counselling helpline is available to members aged 16 or over and is free to use, 24/7, all year round. Calls are confidential with a trained counsellor. For joint protection, telephone calls may be recorded and/or monitored for quality and training purposes.

To find out more on the Stress Counselling helpline speak to your usual Aviva account manager.