

WeCare: Our Employee Assistance Programme (EAP) from Canada Life

For all colleagues/volunteers and their immediate households*

**Includes any spouse, partner, parent or sibling living in the same household; any legal dependant under the age of 21 and in full time education; or any other legal dependant, who is dependent on the member because of disability.



Available 24/7

Call 0208 068 0035

www.wecare-cl.com

or download the WeCare app.

Unique access code: H30174

What is it for?



Health:

- GP via a video or phone call (24/7 – UK-based)
- Private prescriptions delivered to home address, second opinion from a consultant on a diagnosis, treatment or the need for surgery.
- Support to quit smoking with access to guidance and resources throughout.



Mental Health:

- Up to 10 sessions* with our team of mental health practitioners including psychologists and psychotherapists.
 - Coping mechanisms and stress reduction techniques to help prevent burn-out.
 - Life events counselling to help with a range of traumatic experiences.
- For in the moment, mental health support, call and select option 1 then 1 again.**

* Over 18s receive up to 10 personalised counselling sessions per issue experienced. Under 18s are entitled to a 90-minute session.

These counselling sessions are designed for mild to moderate presentations, identified via an intake assessment containing psychometric questions.



Wellbeing/ healthy living:

- Personalised four or eight-week get fit programmes based on a balanced diet and workout regime.
- Access to a team of nutritionists to improve diet, lose weight and adapt to medical conditions



Financial/ legal well-being:

- Expert guidance on a wide range of financial issues including reducing outgoings, budgeting advice and where to access debt management support.
- Specialist guidance from our team of legal experts who can help with divorce, property, consumer disputes and more.

Exclusions:

Sometimes the WeCare service won't be the best cause of action. For example- Grief: A colleague may need time to grieve ahead of approaching the service and having some counselling sessions.

Lots of other support is available.

Visit wearesmt.co.uk for more information.