



New Confidential Support Helpline

Balancing everyday life with the requirements of work and home can create pressures for all of us. Criminal Bar Association (CBA) is delighted to announce that we have partnered with Health Assured to provide all members with complimentary access to a new confidential support helpline to assist you in achieving this balance.

How can Health Assured help?

Health Assured are available to support you with any personal or professional problems which could be impacting on your general health and wellbeing. Health Assured is an independent, external organisation who work to a robust, professional code of conduct. Dependent on the nature of the issue, support and information can be provided by fully qualified professionals.

All calls are treated in the strictest of confidence and in line with The British Association of Counselling and Psychotherapy (BACP) code of ethics. The only time confidentiality may ever be broken is if we believe you or a third party is in significant physical danger.

Services Available

Health Assured offers cover for you, 24 hours a day, 7 days a week, 365 days a year:

- **Life support**
Unlimited access to counselling for emotional problems.
- **Practical information**
For any issues that cause anxiety or distress including debt management, accountancy, consumer disputes, property or neighbour legalities.
- **Bereavement assistance**
Our qualified and experienced counsellors can help with grief and related stress.
- **Medical information**
Qualified nurses are on hand to offer advice on a range of medical or health related issues. They can't diagnose but can offer a sympathetic ear and practical information and advice.

Wellbeing Portal

Our Wellbeing Portal gives you access to resources at your fingertips. These resources are designed to quickly inform and assist with a number of common concerns ranging from stress to diet, helpful fitness and wellbeing advice. There are also:

- Four week self-help programmes
- Mini health checks
- Monthly wellbeing webinars
- Supporting articles and videos

These services are available immediately. We understand that the Christmas and New Year period can be a difficult time for some, so if you need someone to talk to remember that our helpline is always there.

To find out more information on what services Health Assured can provide, please visit www.healthassuredeap.com or contact **0800 169 2040**.

To gain access to the Health and Wellbeing Portal you will require the below login credentials:

Username: CBA

Password: Wellbeing