

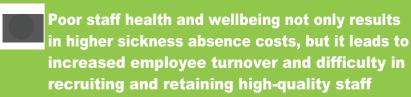
## Optimise Employee Assistance Programme

Our Employee Assistance Programme is the most cost-effective way of promoting staff health and wellbeing in your school

Confidential support 24 hours a day, 7 days a week for all your school staff from as little as £385\*











<sup>\*</sup> Based on a one form primary school with 210 pupils.

Pricing based on number of pupils in school @ £1.83 per FTE pupil.

Find out more, contact

Call 0330 123 2542 (Option 1 for HR)



In association with Optima Health

<u>www.strictlyeducation.co.uk</u> services@strictlyeducation.co.uk



## Support for your school staff when they need it:

- A confidential freephone helpline available 24 hours a day, 7 days a week, 365 days a year for employees and their families to receive expert advice on personal, family, financial and legal issues
- Telephone assessment with a trained counsellor for personal problems, followed by up to six sessions of telephone or face-to-face counselling, or online e-cognitive behaviour therapy (e-cbt) as deemed clinically appropriate
- Access to an EAP website/information library for both employees and managers providing practical self-help information and guidance
- The provision of a wellbeing platform (Optimise) to aid identification of health and wellbeing risks, designed to empower employees to take greater control of their wellbeing. Users can access four different health risk assessments as well as a wealth of resources on wellbeing



You educate, we support

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