

# Employee Assistance Programme

Our Employee Assistance Programme (EAP) is a confidential counselling service that provides support to company employees and your family.



24/7



**Our EAP is available  
24/7, 365 days a year  
covering:**

- Counselling
- Legal information
- Financial information
- Consumer information
- Career guidance
- Life coaching
- Mediation
- Health information
- Health information
- Cancer support
- Autism support
- Infertility & pregnancy loss
- Elder care support
- Parent coaching
- International employee support

**Access the EAP  
0808 196 2016**

**Register online:**

<https://thehighlandcouncil.spectrum.life/login>

Organisation code: **j5n2Rh73**