

Checking In This Christmas



The holidays can be joyful, but not for everyone. Behind the celebrations, some may be coping with stress, loneliness, or loss.

Take a moment to check in, listen without judgement, and remind colleagues that help is always available. The Employee Assistance Programme (EAP) offers confidential support for mental health, financial, and emotional wellbeing.

Because the real spirit of the season isn't in the celebration, it's in the compassion we show each other.



Scan the QR code to explore resources for emotional support this December.



counselling & advice helpline

 0800 328 1437

 employeeassistance.org.uk



The counselling & advice service is provided by Wellbeing Solutions.
wsm-wellbeing.co.uk