

The NAO has an Employee Assistance Programme (EAP) which provides free confidential, independent, professional information and emotional support to employees 24 hours a day. The EAP offers staff up to 6 sessions of face to face counselling where appropriate

The EAP is provided by Workplace Wellness and is entirely confidential; no information is passed back to the NAO.

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Contact Workplace Wellness

	http://www.my-eap.com/ (username: NAOwell)
	0800 1116 387 Any time

See the [EAP leaflet](#) (PDF) for further information.

Here are some examples of the services offered by Workplace Wellness:

- Consumer rights and legal information
- Debt Management and Budgeting
- Emotional Support
- Family Relationships
- Health & Wellbeing

Up to date

More Information

If you have questions regarding this policy, please contact [HR Service Desk](#)

-  Introduction
-  Contact Workplace Wellness
-  Manager support
-  Contact Workplace Wellness for manager support

Guidance details

NAO Owner



Last Reviewed Date

10/19/2021