

Care First

- A new employee assistance programme introduced on 1st June 2016
- Counselling is available to all employees, 24 hours a day, 365 days a year



- Cost is £1.54 per employee per annum

Care first

0800 174 319 (freephone)

Care First

- Provides a number of services e.g.
 - ❖ telephone counselling;
 - ❖ face-to-face counselling;
 - ❖ information services;
 - ❖ Lifestyle;

- ❖ Zest App etc.



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Care First

- Telephone Counselling – trained counsellor, Welsh, Freephone no.;
- Face-to-face Counselling – following an assessment, up to 6 sessions;



- Information Services – advice, support & information on any real life questions e.g. finances / health / family etc.;

- [Lifestyle](#)

- [Zest](#)

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Care First

- For further information contact Andrea Davies or Nicky Johns on:



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