

Employee Assistance Programme (EAP)

powered by  vivup

Provide your staff with market-leading help and support for life's ups and downs 24/7, 365 days a year

EAP powered by Vivup is designed to help your staff in times of need. The counselling services and online support offer employees practical advice with issues that may be impacting their performance. We provide a comprehensive 360-degree approach to employee wellbeing, which is overseen by a clinical governance framework which conforms to NHS standards

Whatever mental health, physical, financial or personal issue your staff are facing, they can access expert help and support

What's included?



24/7 In The Moment
Support telephone
counselling support



Telephone advice
and guidance



Up to 4 Virtual
Counselling Sessions



Your Care
wellbeing platform



Assessments



Goals



Connectivity



Resources

Included in the Your Care wellbeing platform

Your Care is a comprehensive wellbeing platform that examines the individual elements that contribute to a person's mental, physical and financial wellbeing via:



Assessments

To gain a better understanding of your employees overall wellbeing, allowing areas of concern to be identified and helping to establish what further assistance may be required



Goals

Can be achieved with small, sustainable lifestyle changes to motivate your people to strive for better mental health



Connectivity

Allow your staff to connect to health and fitness apps to sync activity data and track progress



Resources

Resources including blogs, videos, recipes and more to help build your employees' resilience

In-house solution driven by industry leaders and clinical excellence



Karl Bennett

Wellbeing Director - Perkbox Vivup

Chair of Employee Assistance
Professional Association



Tracey Paxton

Clinical Director - Perkbox Vivup

Chair of The Royal College of
Psychiatrists Advisory Board

How our EAP will empower your business

With our fully accredited, whole-health approach to employee wellbeing, our EAP can help you:

- ✓ Win the war on talent, setting you apart from the competition in a challenging job market
- ✓ Boost your retention rates by keeping the best people on board
- ✓ Elevate your ROI by as much as £11 for every £1 spent*
- ✓ Help to reduce the costs of long-term health issues with preventative wellbeing support
- ✓ Assist with enhancing workplace productivity
- ✓ May reduce absence caused by mental, physical, and financial stress

What makes our EAP different?

- 1 EAPA Accredited Provider
- ✓ Highest level of APPTS Clinical Accreditation
- ✓ Highest level of Customer Service
- ✓ 150 fully qualified clinicians with minimum 3 years' experience

The average cost of replacing an employee is **£22,000**

The ROI on wellbeing support is **£11 for every £1 spent***

Investing in **proactive support** provides a positive outcome for your people - and your business



EAPA Accredited
Provider



Secondary Mental
Health Support



Feefo Score 5.0



TrustScore 4.7