

Extraordinary  
days **every**  
day



CareTech

#### Financial Guidance

If you need help with your finances, look out for our Financial Wellbeing workshops facilitated by HSBC. Look out for more information soon!

#### Counselling Support

24 hour  
confidential helpline.  
Available to you, your  
partner and children  
between the ages of 16-24  
in full time education  
0800 030 5182 (CT);  
0800 328 1437 (Cambian)

#### Useful Resources

[www.freemindfulness.org](http://www.freemindfulness.org)

[www.headspace.com](http://www.headspace.com)

[www.nhs.uk](http://www.nhs.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

# Employee Wellbeing

#### New 'Applause' scheme – coming soon!

Watch out for a new reward and recognition scheme called 'Applause'. This will complement existing schemes and include on-the-spot recognition!

#### Health e-Hub

For lots of useful tips and guidance on how to stay fit and healthy sign up to our Health e-club app. Available in the app store and google play now!  
Username = CareTech;  
Password = EAP

#### The CareTech Covid-19 fund

If you have been affected financially because you have been in receipt of Statutory sick pay as a result of COVID-19 please visit <http://covid19.caretech-uk.com> to make an application to the CareTech Covid-19 fund

#### e-learning

Focused health and wellbeing modules can be accessed by visiting Myrus, our e-learning platform at <http://caretech.careshield.com/auth/login> Modules include Mental Health & Work, Developing Resilience in Practice, Thriving at work and many more!