

health  assured

## Student Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.



health  assured

Your healthy  
advantage

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB  
Registered in England. No 6314620
















Pop out this card for future use

PR-SAP-0018-3

# About your Student Assistance Programme (SAP)

Sometimes it can be difficult to balance the pressures of studying and home life. Health Assured provide caring 24/7 support so you can give your best in life.










## What can I use this service for?

 Family issues	 Financial information	 Legal information
 Medical information	 Relationship advice	 Housing concerns
 Alcohol or drug issues	 Childcare support	 Stress & anxiety
 Low mood	 Domestic abuse	 Future planning
 Student issues	 Tax information	 Bereavement

## 24/7 confidential support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.

## Online health portal: [healthassuredeap.com](http://healthassuredeap.com)

 BrightTV	 My Healthy Advantage app	 Four-week programmes
 Nutritional advice	 Health checks	 Fitness advice
 Financial wellbeing	 Medical factsheets	 Budgeting

## Student Assistance Programme



- Stress & anxiety
- Debt
- Education pressures
- Lifestyle addictions
- Relationships
- Legal

FREE 24-hour  
confidential helpline  
**0800 028 3766**

[healthassuredeap.com](http://healthassuredeap.com)

Download My Healthy Advantage now

