

Anytime, anywhere

When you don't know where to turn, we're here to guide you.
Free and confidential support whenever you need it.



Introducing your new Employee Assistance Programme!

Free, confidential and impartial guidance and support.

We all know that life can be challenging at times. Issues like illness, debt, family problems and health can leave us feeling worried or anxious. That's why your Employee Assistance Programme gives you and your family expert guidance and specialist support on any kind of issue – from everyday matters to more serious wellbeing problems.

You can access this service via your EAP support helpline, which is available 24 hours a day, 365 days a year. And you can access your Employee Assistance Programme and health and wellbeing initiatives at home, at work or overseas – and in complete confidence.

Your Employee Assistance Programme provides:

- Counselling for emotional and psychological support
- Practical guidance and support on legal, financial, family and work matters
- Online health and wellbeing resources

Your online **Lifestyle gateway** can be found at www.icaslifestyle.com. Here you can find a diverse collection of health and wellbeing resources. You can also find your helpline number to access the 24/7 counselling services.

In the gateway you will find:

- An easy-to-use information centre, offering wide-ranging expert support on health and wellbeing themes
- Health and wellbeing videos and podcasts from our experts.

Why not go and have a look around, visit:

www.icaslifestyle.com

Username: nyu

Password: eap

Don't forget, we're here whenever you need to talk about something, just call your helpline number, 24/7, 365 days a year.

About AXA ICAS International

AXA ICAS International is a leading provider of global employee wellbeing services. Through our network of ICAS and partner offices, globally we cover over 50 countries, spanning six continents and support 2000 companies with over 2.5 million employees, worldwide.

