

# INTRODUCING A NEW SUPPORT SERVICE



Care first

## Your new Assistance Programme is available for Parents

Who are Care first? With ever increasing pressures at work and home, there are times when we all need some extra support to balance the demands of everyday life. Care first are an independent, leading provider of professional support services. Care first employ professionally qualified Counsellors and Information Specialists, who are experienced in helping people to deal with all kinds of practical and emotional issues such as Wellbeing, family matters, relationships, debt management, workplace issues, and much more...

How do I use the service? The service is free of charge, just call **0808 168 2143** and you can speak to a professional in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online. The service can provide information booklets, articles, resource information on support services in your local area.

### Online Services

The Care first Lifestyle website offers extensive resources including articles on health, issues at home, issues at work, management support tools, stress questionnaires.

### What do I use the service for?

Care first is designed to help you with a wide range of work, family and personal issues. From work-life balance to childcare information, relationships to workplace issues, health and well-being. Topics include, but are not limited to:

- Work life balance
- Relationships
- Childcare information
- Health and well-being
- Debt
- Disability and illness
- Education
- Consumer rights
- Workplace pressure
- Careers
- Bereavement and loss
- Stress
- Elder care information
- Life events
- Immigration
- Anxiety and depression
- Family issues
- Bullying and harassment

### Is it confidential?

Your school does not know who uses our service unless the individual personally chooses to tell someone about his or her contact with Care first. We do provide statistics to your school to show how many parents use the service and the broad types of issues that are raised with us, but no information is ever passed on which could potentially identify you.

**0808 168 2143**

Information and support 24/7 [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk)

Contact your School Reception for login details

