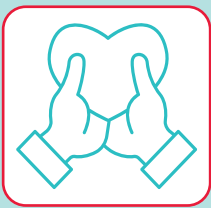# Employee Assistance Program

Basic

Traumatic experiences, life crises can disrupt your emotional state of mind and impact your well-being. Appropriate and prompt support can help mitigate this impact.

The Employee Assistance Program (EAP) guides you through the following events:

You are a victim or witness of a traumatising event at work or on the way to and from work (a workplace accident, an aggression, a robbery).

You seek help for problematic substance use (alcohol, drugs).

EAP offers you support for all individual problems, work-related or not: buying a house, caring for a parent, raising your children or a job change.

Call our toll-free number

0800 100 59

24/7

You will then get in touch with a psychologist bound by professional secrecy. Mentioning the name of your employer is all you have to do.

Website

bnlglobal.helpwhereyouare.com

Company code

Securex

Standard intervention

An approximately 50-minute conversation with a qualified psychologist, offering you a first emotional support, regardless of the problem you get in touch for.

Initial practical advice will be provided and, if necessary and depending on the reason for your call, you will be referred to the appropriate network.

Traumatic event requiring urgent intervention

In the event of a shocking work-related event, a psychologist with experience in this domain will be on site within 24 hours to provide first care.

Individual or collective support comprises a maximum of five sessions.

Problematic alcohol and drug abuse

The employee concerned will receive 5 individual sessions with a specialised psychologist.

Manager Assist

Advice from expert coaches for HR staff members and managers having to cope with complex situations within their teams.

We stay by your side

You choose whether you wish to call on the service. However, it is highly recommended because:

- You get advice and support tailored to your situation
- Support is fully confidential

Do you have questions about this service?
Address them to your HR department.

WORKPLACE **OPTIONS**

securex