

## Self Help and Wellbeing Website

Well Online is your comprehensive wellbeing resource, offering information, advice and confidential support.

Brought to you by CiC, your organisation's Employee Assistance Programme (EAP), the site offers a wealth of practical tips, fresh ideas and stimulating reading.

Well Online is being continually updated by our clinically trained staff, writing on interesting topics which are relevant and up to date with current affairs and trends.



Well Online is CiC's self-help and information site available exclusively to the employees of our EAP clients.

This website is a resource for employees to gather information covering a vast array of issues and can also signpost staff to our telephone advisors for immediate assistance and emotional support.

The website is designed to be relevant to a broad range of employees. Those who may not be comfortable discussing their issues with a telephone advisor may feel happier accessing information via the intranet, particularly if it is of a sensitive nature. They can either use the site on a stand-alone basis, or to gather information to better understand an issue before discussing it with a telephone advisor.

Well Online also supports an online chat facility. Online chat allows users to contact one of our Confidential Care Adviceline counsellors using online instant messaging from wherever they have internet access.

The information is kept updated and new topics are added as needs are identified. Our monthly Helpsheets written by our in house clinicians are continually uploaded to the site meaning the range of information is always expanding.

### **Some examples of topics covered are:**

- Diet and Mental Health
- Stress and Anxiety
- Bereavement
- Making Lasting Changes
- Positive Thinking
- Bullying
- Time Management
- Effective Communication

In addition to the help provided within these sections, there are links to useful websites about organisations where further information can be obtained.

Each user will have a username and password to login to the site. Please find your login details on promotional material or ask a colleague in HR.