



What is an Employee Assistance Programme?

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 employee support services. Including: practical and emotional issues such as wellbeing, family matters, relationships, debt management, workplace issues, and more.

How can I access this?

This service is free of charge for WeST employees to access, **just quote that you are an employee of 'Westcountry Schools Trust'**.

You can call **0800 174 319** to speak to a professional counsellor or information specialist in confidence 24 hours a day and 7 days a week.

You can visit the Care first lifestyle website which offers additional resources and online services at:

Website: www.carefirst-lifestyle.co.uk

User Name: Westcountst

Password: Wellbeing1234