



Confidential Care

Your Employee Wellbeing Programme



Your independent, free and confidential information, advice and support service including the counselling service.



An independent, free and confidential advice service. Whether you're after practical advice or emotional support with either work or personal issues, we can offer expert guidance.



**Available 24 hours
7 days a week
365 days a year**



Legal & Tax Advice



**Everyday
Matters**



**Debt & Financial
Management**



Family Care



**Therapy &
Emotional Support**

Well Online

Visit the 'Services'
section for more
information.



Confidential Care

0800 085 1376
or +44 (0)20 7938 0963

Email:

assist@icwellbeing.com

Text relay:

18001 0800 085 1376

Online and Live Chat:

www.well-online.co.uk

Skype:

Confidential Care Adviceline

Available Monday-Friday

Confidentiality

Who will know I've called?

Your details are confidential and we don't tell your employer or anyone else that you've called. In the rare cases where we think people may be at risk of harming themselves or others, or if we legally have to, then we may need to break this confidentiality. We would aim to do this in full consultation with you. Our privacy policy is at well-online.co.uk.

What do I need to tell you?

Just the name of the organisation that you work for. If we arrange counselling for you, we will need your name, address and contact details.

What will you tell my employer about my call?

We provide general statistics to your employer about how many people have used the service and the reasons for use. We never provide information which could be used to identify individual callers.

Who will I speak to?

All CiC counsellors are accredited to or registered with BACP or an equivalent professional body. Our Code of Ethics and Standards can be found at well-online.co.uk