

# Health and wellbeing services

Available to you via Education Mutual



## Counselling

**You are not alone - it's time to talk**

The most comprehensive counselling service with seven sessions as standard, and the option for an extension all delivered within a five-mile radius of your home address



## Menopause Counselling

**Menopause matters**

A healthcare professional will provide that safe space to explore your own personal transition through the menopause and aid the management of your symptoms



## 24/7 GP Service

**By your side around the clock**

Our service gives you the flexibility to have a consultation with a General Practitioner by phone or video call



## Stress Coaching

**Focusing on the mind, not just the body**

Our certified coaches will work with you to provide support and guidance to balance busy work life pressures



## Financial Wellbeing Coaching

**Worried about the cost of living crisis?**

Our efficient coaches will share some tips and resources to support your health and wellbeing and kickstart a whole new approach towards how you manage your finances



## Nurse Support Services

**Here to listen, here to encourage**

Our service is delivered by experienced, registered nurses who understand the physical, mental and emotional needs of those affected by an accident, serious illness or trauma

**For Nurse Support or GP service please call:**



**03331100074**



## Physiotherapy

**Break free from your pain**

Our nationwide network of physiotherapists provides effective and efficient therapy on a face-to-face basis at times, dates and locations convenient to you

## How do I access the services?

Please scan this QR Code with your smartphone to complete a Healthcare Request Form

SCAN ME



## Surgical Assistance Programme



**It's time to cut out NHS wait times**

Our Case Managers help by facilitating private specialist surgical procedures at private hospitals local to you