



# EAP NOW APP



The power of your wellbeing in your hands

EAP NOW is our free-to-register mobile App which provides a highly accessible and flexible way of accessing your EAP support. As well as securing all your EAP appointments, the App provides a range of services and information, including: wellbeing check-ups, a video on our services, reading resources, and FAQs. To download scan the QR code.

#### MY BOOKINGS

Request support and track in real-time your upcoming and past appointments.

#### MY CHECK-UP

Quick check-ups for you, to track your wellbeing - currently GRIT, financial wellness, and anxiety and distress checks are available. These are robust, validated and measurable tools.

#### MY EAP

View our video, explaining your EAP programme, how it works and how it can assist.

#### MY RESOURCES

Magazine-style tips and guides - e.g. talking with children about violence, coping with grief after community violence, what you may experience when terrible things happen... and more.

#### CONNECT ME

Connects to both EAP Services and community resources 24/7/365.

#### E-FLYERS

Our latest e-flyers with many articles for you to read.

#### F.A.Q

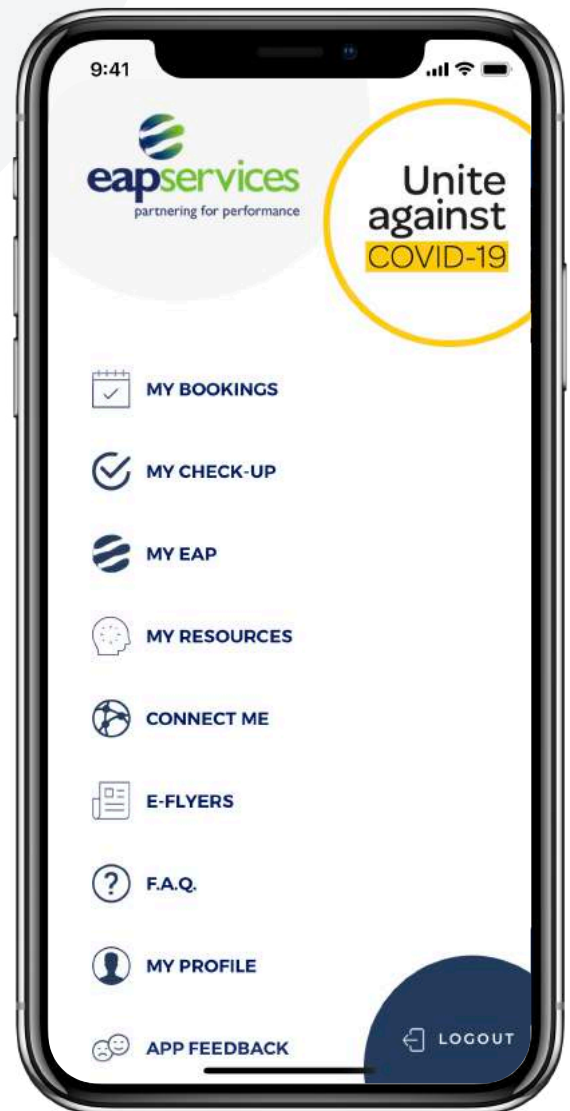
Answers to common questions about your EAP programme and addresses myths on counselling and mental health.

#### APP FEEDBACK

Opportunity for you to tell us what you think of our app.

#### LEGAL & PRIVACY

The T's and C's of our legal and privacy policies.



The app is Bespoke i.e. entirely custom made to tailor fit you! Developed by EAP Services