

Care first

employee assistance solutions

Who are Care first?

Care first are a leading provider of professional counselling, information and advice offering support for issues arising from home or work.

Care first employ professionally qualified Counsellors and Information Specialists, who are experienced in helping people to deal with all kinds of practical and emotional issues.

What does the service provide?

- Unlimited Freephone access 24 hours a day, every day of the year for personal and work related issues.
- Short term counselling and support by telephone and face to face (up to six one hour sessions per issue).
- Support and referral for longer term issues.
- Information services for any practical and day-to-day issues.
- Management support and referral services.
- On-line counselling and supporting articles.
- Vitality – your online personal and interactive wellbeing portal.

How do I use the service?

You don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor [in confidence](#).

information and support 24/7

www.carefirst-lifestyle.co.uk

www.rfl-vitality.co.uk