



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.

e-flyers

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

F.A.Q

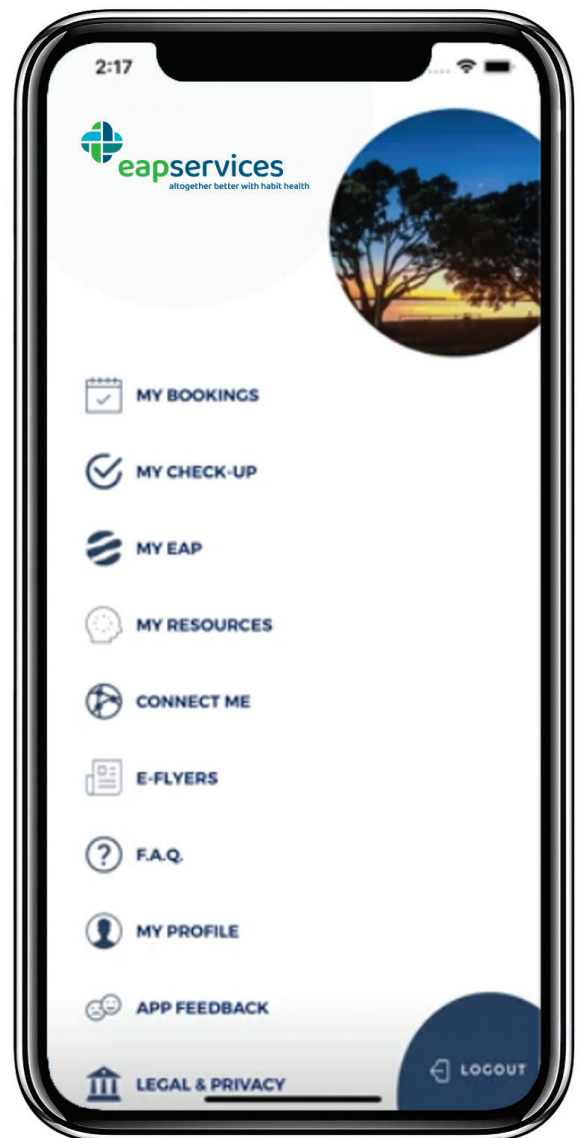
Answers to common questions about your EAP programme and addresses myths on counselling and mental health.

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

