

SUPPORT24

SUPPORT FOR PERSONAL & WORK ISSUES

Access to an independent helpline which offers a wide range of support and information to help when times are tough. The service is available 24/7 and is entirely free and confidential to use. When calling the helpline, you simply need to state that you are a Police Federation Member so that the team know what support you have access to.

Covered Individuals

Member, cohabiting partner and any number of dependant children (*aged over 16 years*) residing in the family home.

To access **Support 24** call **0800 358 2258**

Visit www.validium.com or Download the **My vClub App**

Login: **PWSupport24** Password: **Support**



Counselling Support



Counselling is a safe place for individuals to explore any worries or concerns they may be managing – no matter how big or small the issue may be. Support could be anything from a single, one-off call or it may be that a structured referral for up to eight sessions will be agreed following an initial telephone assessment. These sessions may be provided via telephone, video or face to face and there is no waiting list or approvals needed. Online resources or signposting to other agencies may also be helpful.

Legal



A specialist team of lawyers is available to provide you with help and guidance on many different areas of personal law, including consumer, property, landlord/tenant, family, probate and motoring law.

Financial & Debt Specialists



A dedicated team is available for individuals to access information on money matters, which may be affecting their welfare, including managing creditors, budgeting and debt management plans.

Health & Wellbeing



Health & Wellbeing Specialists provide employees with information and guidance on lifestyle issues such as diet, exercise and sleep, as well as answering questions about health and medical matters, child care and eldercare issues.

vClub Online



The vClub online EAP gives employees access to hundreds of downloadable help sheets, links to specialist resources and access to e-counselling.