



Advice from a psychologist, financial advisor, lawyer, health coach, HR consultant and managerial support
Call +46 771-10 50 15

Counseling Support

Counseling Support is a service to provide advice free of charge over the telephone, or if necessary in a face-to-face meeting, from psychologists, financial advisors, lawyers, health coaches, HR consultants and managerial support to tackle problems at an early stage before they grow and affect a person's health and work performance. Counseling Support can be accessed round the clock, 365 days a year.

For all of life's challenges

Counseling Support provides employees and managers with advice from psychologists, financial advisors, lawyers or health coaches to tackle problems at an early stage – before they affect a person's health and work performance. The service is available regardless of whether the problem in question is a personal one or is work-related.

Employees can seek assistance for problems such as stress, relationship problems, mental health problems such as anxiety and depression, legal, economic or lifestyle issues, alcohol and drug abuse, gambling addiction or conflicts at work.

Support for staff in their professional roles

Managers and HR staff also have the option of receiving support in their professional capacity. This can include advice on difficult conversations, conflicts, employees who are ill or are at risk of becoming ill, and labor laws or work environment legislation and regulations.

24-hour service

Counseling Support can be accessed around the clock, 365 days a year. A qualified psychologist, welfare officer or specialist crisis support nurse will take the call and will arrange a time for further consultation within five working days if necessary. Advice is given primarily by telephone, but a face-to-face meeting may be preferable depending on the nature of the matter.

Up to five consultations

Counseling Support covers the provision of advice to employees or support for managers by a qualified psychologist up to five times per issue or calendar year. Advice can be sought from a financial advisor, lawyer, health coach or HR consultant up to three times. It is also useful to combine consultations; for example, two consultations with a psychologist, one consultation with a lawyer and one consultation with a financial advisor up to a maximum of five consultations relating to the same matter.

COUNSELING SUPPORT

Good for the company ...

- Tackles an employee's personal problems that could also affect work performance
- Helps employees to manage stress, both with regard to personal and work-related issues
- Averts the need for sick leave
- Contributes to a healthier workforce, lower costs and a reduced risk of a drop in productivity.

... and for the employee

- Easy to get in contact
- Accessible round the clock
- Confidentiality with regard to the employer
- Provides early assistance and support if problems arise
- The right specialist for the issue at hand, regardless of whether it is personal or work-related
- Provides managers with a sounding board in relation to strategic and overriding issues in the sphere of leadership or legislation, for example.

Advice on different issues

Support with regard to relationship problems, divorce, sex life and cohabitation, bringing up children and child development, communication problems and conflicts.

Psychosocial problems

Support with regard to issues around stress, relationship problems, conflict, crises and life crises.

Work-related problems

Problems with working together, "the boss", a feeling of exclusion, bullying, conflicts and relationships in general.

Managerial support

Support on aspects of leadership and psychosocial issues that affect employees, such as difficult conversations and conflicts. Obtaining advice when an employee is at risk of going on long-term sick leave, is already suffering from a long-term illness or is frequently off sick.

HR consultation

Support in relation to skills supply, labor law, work environment legislation and in taking a holistic, strategic approach to health and work environment issues.

Health and lifestyle issues

Issues relating to diet, sleep and exercise.

Legal and financial problems

Support for problems in relation to personal finance, inheritance, civil law and taxation as well as assistance regarding what you need to consider, what you can do and who you can turn to for help.

Alcohol and drug abuse, gambling

Support in how to tackle risk use, abuse or addiction.

Personal crises

Support in relation to suicidal thoughts, death of a close relative/colleague or serious illness.

Existential problems

Support in relation to outlook on life and "age crises".

Terms and conditions and pre-purchase information

No separate subscription to Counseling Support is available, as it forms part of ComeBackRehabilitation Insurance with Counseling Support, PlanSjuk Health Insurance or PrivatAccess Gold Health Insurance. Pre-purchase information and full terms and conditions can be found on our website at euroaccident.se.