

How Care first services can support you during the COVID-19 pandemic

As the COVID-19 situation progresses and the Government issued command to stay at home is well underway; these times of restricted movement and isolation can take its toll, not only physically but also mentally. Mental Health support during times like these are paramount, which is why Care first have worked tirelessly to ensure their services remain available for all that may need assistance.

These services include:

Counselling support

Our team of professionally trained, qualified and BACP Accredited Counsellors are available 24/7 to offer support for personal or workplace related issues. No matter how big or small the problem may be our counsellors are here for you.

Information Specialist Support

We have expert advisors that have been trained by Citizens Advice who can provide you with comprehensive answers and assistance on a wide range of issues which can affect daily life. You can speak with one of our information specialists confidentially and completely free of charge.

Management Support

If you are a manager or look after a team within your organisation, It is as important as ever that your colleagues are made aware of what Care first can provide in these difficult times. As a manager Care first provide you with additional support which will help you extend support to colleagues around you.

Care fist lifestyle portal

Through the Care first lifestyle portal you can access all of the above support, read helpful articles published by our team and view Webinars covering a wide range of well-being topics and more. You can log into your account by visiting www.carefirst-lifestyle.co.uk and logging in using your organisation log in details. If you are unsure what these details are then please contact your line manager.

If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number.