

Care First:

Looking after your wellbeing

In such uncertain times it's more important than ever to look after your wellbeing and that of others. We would like to remind you about the free wellbeing assistance programme that's available to all Powys County Council staff and county councillors.

What is it?

Care First provides confidential, impartial advice and support 24 hours a day, 365 days a year through a free-phone number and online resource.

It includes help to find practical ways forward when you feel overwhelmed with personal problems. Advisors highly trained to quickly find what you need and help you get control in your life.

What does it cover?

It's a service to help you find practical ways forward when you feel overwhelmed with personal problems. Advisors highly trained to quickly find what you need and help you get control in your life such as:

- **Family and personal:** Relationships, divorce, child support, domestic violence, childcare, eldercare, community care, changing a name.
- **Debt:** Credit, debt, banks, loans, consolidation
- **Workplace:** Bullying and harassment, maternity rights
- **Counselling service:** You can also access online, telephone and face-to-face confidential counselling service where you can discuss anything that is troubling you.

In addition, the Care First 'Zest' app and 'Lifestyle' website is your free, interactive health and personal fitness portal. Log on to register for access to:

- **Personal training programme:** improve your fitness and track your progress
- **Weight management:** tailored programmes
- **Interactive food & exercise diary**
- **Setting goals:** complete a confidential assessment and select the goals that are important to you and your wellbeing.

There is also a wealth of information, advice and articles on the website to support you at home (debt finances, relationships, family, your home, bereavement); at work

(stress, change, conflict, promotion, pressure, retirement); and your health (physical, mental, nutrition, depression, smoking, diet).

Who can access this?

Care First is provided by Powys County Council for staff and elected members. It is a completely independent service and your calls are treated in confidence.

Care First is also available for signposting information only to family members of employees and elected members. It is also available to you for up to 3 months post-employment with the council.

How to use the service

Telephone 0800 174319

Or online at www.carefirst-lifestyle.co.uk

For the first time you access the website your username is: powys
Password: employee