

SODEXO SUPPORTS ME

The information and counselling helpline for Sodexo employees

Toolbox Talk



SODEXO SUPPORTS ME IS FOR ALL EMPLOYEES



Life can be challenging at times. Issues like illness, debt, family problems and health can leave us feeling worried or anxious

SODEXO SUPPORTS ME
is here to support you and your immediate family

SODEXO SUPPORTS ME IS HERE FOR YOU



- Sodexo Supports Me is a free, confidential information and counselling helpline
- It provides expert guidance and specialist support on any kind of issue, from everyday matters to more serious wellbeing problems
- Perhaps you're having difficulty sleeping or aren't sure of your legal rights, and need someone to talk to

EXPERT HELP



- Qualified counsellors can help you with problems affecting your wellbeing or psychological health, such as stress, bereavement or relationship issues

EXPERT HELP



- Work-life consultants offer practical and impartial information on everyday matters
- You can use this service to discuss your concerns or ask questions about any situation you find yourself facing, from a simple everyday scenario to a significant life-event - like dealing with debt, consumer rights, tenancy issues and family problems

WHAT KIND OF QUESTIONS CAN I ASK?

Sodexo Supports Me can provide advice and help in the following areas:



FAMILY

Advice regarding children's education; managing spousal relations; assistance with aged/dependent persons or the death or illness of someone close

“My teenage son is clearly upset and he won't tell me what is troubling him. How can I help him?”



WELL-BEING

Quitting smoking; dietary issues or sleep disorders; weight problems or drinking or drug-related struggles

“I've tried to quit smoking three times over the past two years without any success. I am going to try again but how can I be sure that this time it actually works?”



HOME

Landlord/tenant or neighbour relations; insurance advice

“I am moving out of my apartment before the end of my lease. Do I need to find the next tenant? How and when will the security deposit be paid out?”



WORK

Preparing your return to work after maternity or sick leave; stress management; preparing for your life after retirement; relationships with colleagues

“I've noticed that one of my colleagues is dealing with a personal issue. He seems really anxious and tired lately. How can I help him?”



MONEY

Family budget; understanding your consumer rights; scheduling debt repayment

“I just bought a new car and I keep having mechanical problems. The dealership that sold me the car won't fix it. What are my rights in this situation?”

WHO CAN CALL? WHO ANSWERS?



WHO CAN CALL?

- The helpline is for everyone:
all employees and their immediate family

WHO ANSWERS ?

- When you call, AXA ICAS experts answer:
 - AXA ICAS is a completely independent organisation

IS IT CONFIDENTIAL? IS IT FREE?

IS IT CONFIDENTIAL?

- YES
- AXA ICAS experts keep all calls anonymous and confidential
- No one at Sodexo will be aware of any personal issue that you mention

IS IT FREE?

- YES
- Sodexo Supports Me is paid for by Sodexo. It's totally free for all employees
- You can call as often as you like. There is no limit

HOW TO ACCESS THE SERVICE

- For all your questions, one number:

0800 072 7072 (UK)

- **1 800 62 60 37 (Ireland)**

+ 44 141 559 6455 (from abroad)

- You can call anytime: 24/7/365

- For additional information on a wide range of emotional, practical and health issues, visit:

- www.icaslifestyle.com Login: sodexo – Password: supportsmeme