

Your EAP needs airtime all year long

If your people rarely hear about EAP,
they may never think to use it.

Low EAP usage can be a red flag

Employees may not know what support is available, may be unsure about confidentiality, or may wait until a problem has become much harder to manage. Keeping EAP visible is a practical health & safety action. Prevention helps.

Keep EAP front of mind

- Keep access details visible**
Add the online booking link and 0800 327 669 to your intranet, wellbeing pages and regular staff communications.
- Promote support throughout the year**
Highlight webinars, the WellbeingHub and the free habithealth+ app, especially during busy periods, organisational change and wellbeing campaigns.
- Make confidentiality clear**
Remind your people that EAP support is confidential and appointments can be booked confidentially.
- Remove barriers and plan ahead**
Check that internal processes or budgets do not discourage access. Review your utilisation monthly, identify trends and manage psychosocial risk.
- Equip your managers**
Help leaders understand EAP so they can confidently guide people towards support. Manager resources and wallet cards are available.
- Give people a clear next step**
Make accessing support simple.
- Introduce EAP during onboarding**
Make EAP part of every new employee induction and share the Habit Health EAP introduction video.
- Use our Marketing Toolkit**
Posters and digital assets are available via the WellbeingHub.

Call Habit Health EAP | 0800 327 669 | book.habit.health/eap

Prevention helps

Don't let lack of visibility be the reason your people delay accessing wellbeing support. Manage risk effectively. Make access easy. **Talk about it often.**

Habit Health EAP - We're here when you need us.

[Contact us](#)

[Book appointment](#)