

Mental Health and Wellbeing Support

Addiction | Anxiety | Bereavement | Depression | Domestic Abuse |
Family Difficulties | Finances | Relationships | Stress | Trauma | Workplace Issues

Employee Assistance Programme (EAP)

(Counselling Service – Call 0800 023 9324)

For all employees: <https://bit.ly/4dwFCQF>

For teachers: <https://bit.ly/4dLjPVG>

Mental Health First Aider Network

<https://bit.ly/3T7IUld>



Employee Wellbeing Portal

<https://bit.ly/471XsZt>

Self-Help Workbooks

<https://bit.ly/4cJbdgA>

Employee Peer Support Groups on Viva

Engage

<https://bit.ly/472XZKq>

Intranet

<https://bit.ly/4cZD64x>



If you need any help to find the right support, contact
flindsay@aberdeencity.gov.uk who will be happy to advise you!

Scan the QR Code to access our website on your own device so you can
retrieve this information in private and from home.



HEALTH
WELLBEING
HAPPINESS

