

Care first Lifestyle: New Update's

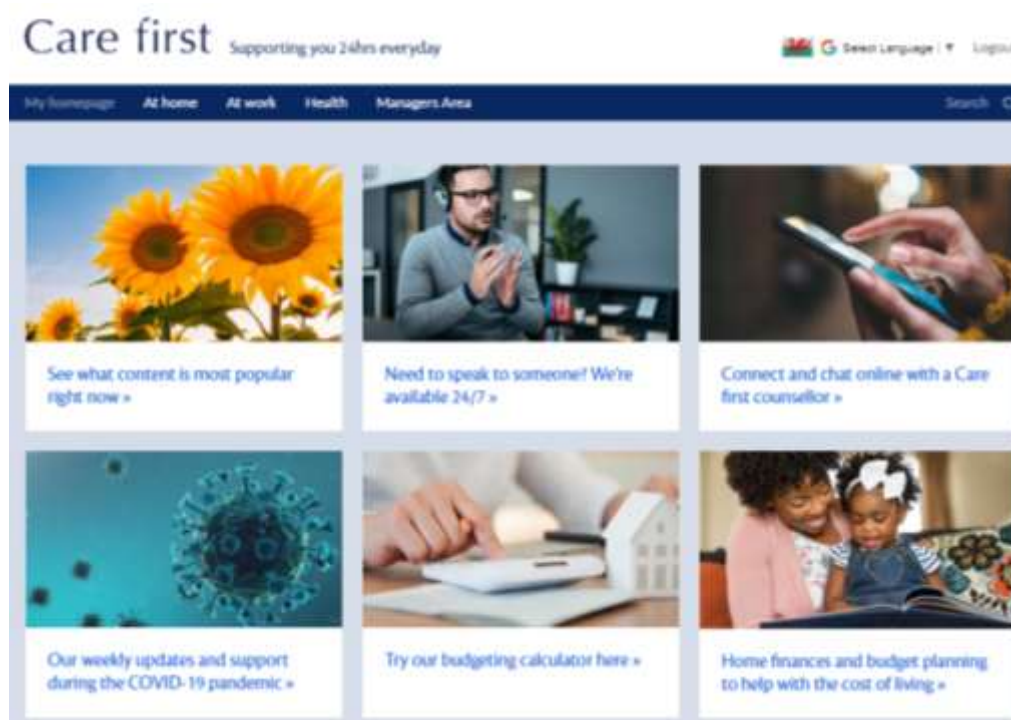
As the COVID-19 situation progresses and the Government guidance continues to change, individuals may be feeling anxious, tired and fed up. Mental Health support during times like these are paramount, which is why Care first have worked tirelessly to ensure our services remain available 24/7 throughout the pandemic to provide emotional and practical support and ensure we have every aspect of your overall wellbeing covered.

Care first Lifestyle

Through the Care first lifestyle site you can access a wide range of supportive information, read helpful articles published by our team, view Webinars covering a variety of well-being topics and even speak with a Care first Counsellor in real-time via our online counselling facility. You can log into your account by visiting www.carefirst-lifestyle.co.uk and logging in using your organisation's unique log in details. If you are unsure what these details are then please contact your line manager or HR department. The Care first Lifestyle website is great place to learn more about Care first and the different areas that we can support in.

The Care first Lifestyle: New Update's

We've been working hard to bring you a new and improved version of the Care first Lifestyle site. You will see lots of new things to help support how you use our service and look after your mental health and wellbeing, whilst still having access to lots of the supportive tools and information that were there before. A screenshot of the updated homepage is below and has a fresh new look which is easy to navigate through -



What are the new features?

- We've made key changes to the layout of the website, helping you navigate through content with ease
- We've got a new secure sign-in feature
- Access our COVID-19 comms suite which is dedicated to supporting you throughout the pandemic with relevant articles and accompanying webinars
- The site now includes a new 'service status' feature which keeps you informed of any maintenance we may be running on our telephone lines or online services
- The new update can also help you decide when the best time to call us will be by accessing the 'Plan your call' tool which is synced with our precise forecasting information
- Access current information with quick links to 'Most viewed pages' and 'Recently updated pages'
- Feel better about your finances with 'MyEva'
- Let the new 'Care first Search Assistant' help you find the supportive information you're looking for, or suggest what's popular right now



How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited Counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation.

All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on '**Care first Lifestyle: New Updates**' this is being delivered live on **Tuesday 23rd February at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/697368961391088656>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.