GARNHAM
SOLUTIONS GROUP



EMPLOYEE WELLBEING & REWARDS

Meaningful support. Everyday savings.
Stronger teams.

24/7 TELEPHONE COUNSELLING

EMPLOYEE DISCOUNTS



Employee Assistance Programme

FROM AS LITTLE AS £2
PER EMPLOYEE / MONTH

WELLBEING WHEN IT MATTERS

A confidential voice, 24 hours a day.

Our bespoke telephone support gives employees someone to talk to about challenges at work or at home.



Mental wellbeing

Confidential conversations about stress, anxiety, low mood, self-esteem, relationships and concerns that feel difficult to process.

Workplace pressures

Support with work pressure, burnout and challenges affecting day-to-day wellbeing.

Trauma support

Our counsellors are trained in psychological first aid and are available through the telephone support line.

For families too

Our mental health support is also available to employees dependents; eligibility terms apply.

Private by design

Confidentiality is subject to safeguarding exceptions where someone may be in danger.

MORE THAN A HELPLINE

Practical guidance for life's everyday challenges.

GSG helps employees access information, self-care resources and tools for better day-to-day wellbeing.

Money & debt guidance

Help with budgeting, managing debt, understanding financial options and handling money-related stress.

Legal information

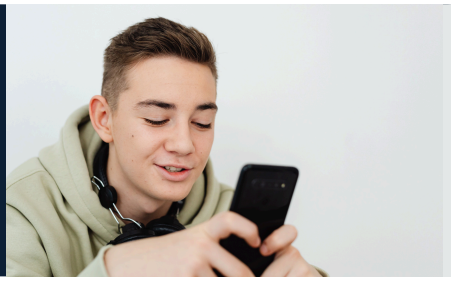
General information on housing and tenancy, employment rights, wills and probate, and issues relating to alcohol or substance use.

Health & wellbeing information

Guidance on sleep, nutrition, exercise and general health habits, with digital content to support self-care.

DIGITAL WELLBEING TOOLS

Wellbeing assessments • Mood tracker
• Self-care articles • Short questionnaires



Service hours: money and debt Mon–Fri 8am–8pm, Sat 9am–3pm; health and wellbeing Mon–Fri 8am–8pm.

Telephone counselling is available 24/7.

REWARD EVERYDAY LIFE

Make pay go further....

An employee benefit people can enjoy even when they do not need counselling.

ProtectCard

Our EAP includes hundreds of discounts across shopping, entertainment, travel, fitness and more including



Gourmet Society membership

Offers at participating restaurants, pizza outlets, cinemas, theatre productions and UK attractions.



Dining savings **25%** off food & drinks.



2 for 1 or **50%** off pizza delivery from the UK's biggest pizza spots.

Coffee Club membership

25% off eligible barista-made drinks at participating coffee shops, including Caffè Nero and independent locations.





SIA & CPD training

Up to 30% off SIA training at vetted providers across the UK and online security CPD training for just £25 per course.



Discounts are subject to merchant availability, eligibility and individual terms; actual savings depend on usage.

AN EMPLOYER BENEFIT WITH STRAIGHTFORWARD PRICING

Support your people. Strengthen your workforce.

One straight forward programme combining human support and practical financial benefits.

01 CARE
24/7 confidential telephone counselling and trauma support

02 GUIDANCE
Legal, financial and everyday wellbeing information

03 REWARDS
Protect Card, Gourmet Society and Coffee Club access

04 ACCESS
Digital resources and support for dependent's

FROM AS LITTLE AS £2 PER EMPLOYEE / MONTH

A simple investment in the people who support your business.

Employees	Monthly price per person
1–49	£4
50–249	£3.50
250–499	£3
500+	£2

Prices based on 24 month contract

Discuss the GSG Employee Wellbeing & Rewards Programme

Address
4th Floor, Silverstream House,
45 Fitzroy Street, London, W1T 6EB

Contact
hello@garnhamsolutionsgroup.com
www.garnhamsolutionsgroup.com