

Managers' update

Dear ,

From Tuesday 31 October, Spectrum will replace Health Assured as our EAP provider.

Spectrum offer extensive resources for all colleagues to maintain positive wellbeing, as well as providing support such as short-term counselling and legal advice when they need it. They have good sector knowledge and a track record of consistent clinical outcomes through their counselling provision.

You can find out more information about Spectrum including how to make a referral [here](#).

Ongoing counselling

For colleagues who are already accessing counselling through Health Assured, or who contact Health Assured between now and Tuesday 31 October, support will continue with their existing practitioner without interruption, even after the changeover date.

Supporting the transition

Spectrum provide monthly manager and employee EAP information sessions about their service. The sessions are hosted on the **2nd Friday of every month** at 09:30, and can be accessed via the following link/password:

<https://us02web.zoom.us/j/83655530547>

Password: 009370

The first session is taking place on Tuesday 10 November at 09:30 – please add this to your diary along with the Zoom link and password.

Actions:

- Please familiarise yourself with Spectrum, review the [guidance](#) and ensure you know how to make a referral. We recommend attending a Spectrum EAP information session through the Zoom link above.
- Please update colleagues in your team as appropriate and provide reassurance that ongoing support will not be disrupted.
- Please work with your team to identify any local web links or references to Health Assured and replace with: <https://www.leedsbeckett.ac.uk/peopledevelopment/wellbeing/>

We will be communicating the changes with colleagues through LBU Voices on Thursday 2 November and sharing more information about the services available from Spectrum over the coming months.

Best wishes,

Sarah Swales

Deputy Director of Human Resources