

Occupational Health FAQs

1. What Health and Wellbeing programmes are available in the CCG?

To look after the health and wellbeing of staff, the CCG and other NHS organisations have put in place many programmes for staff.

- [Employee Assistance Programme](#)
- [Fitness studio exercises at home](#)
- [Health and wellbeing apps](#)
- [Looking after your mental health](#)
- [Looking after your health and wellbeing](#)
- [Managers guide to supporting staff](#)
- [Staff wellbeing guide](#)

2. How can I access the Employee Assistance Programme?

PAM Assist is a free and confidential life management and personal support service that is available to you 24 hours a day, any day of the year. You simply pick up the phone and self-refer calling 0800 882 4102 or on line on www.pamassist.co.uk

PAM Assist is available 24 hours a day, seven days a week, online or on the phone to provide the expert help, information and support you need to help you through difficult times.

Username CSUPAM

Password CSUPAM1

Website www.pamassist.co.uk

24hour free phone number 0800 882 4102

PAM assistant advisor will answer your questions promptly or refer you to the most appropriate advisor, counsellor, or source of information, including legal, financial, consumer and personal - all in confidence.

You do not need to get anyone's permission/approval to use this service. To confirm you are eligible to use the service, you simply need to tell PAM who you are employed by.

3. Where can I get further information on the occupational health service?

Please refer to the [Occupational Health section](#) of the Intranet.