

Confidential Care E-Briefing



Confidential Care E-Briefing is an innovative new on-line resource from CiC, your organisation's Employee Assistance Programme (EAP).

The interactive e-learning site acts as a gateway and guide to the broad range of CiC services that you are entitled to access.

A 24-hour resource

While you may well have heard of CiC, it's possible that you don't realise just how much we can do for you.

Whether you need practical financial information or legal advice, help with stress management or longer term counselling, the CiC E-Briefing will help you find what you are looking for.

Log on to the E-Briefing site anywhere, anytime and peruse our services at your leisure.



A multi-media guide

The E-Briefing takes you on a step-by-step journey through the CiC Confidential Care service, outlining both the resources and support that we offer as well as how to access them.

Using both text, short documentary films and video case studies, the site also describes the counselling process and gives you a clear idea of what to expect when you call up for help.

How to use the E-Briefing

Getting started couldn't be easier!

Go to www.cic-learning.co.uk/confidentialcare and click on the 'Register here' button on the Welcome page. Enter your e-mail address when prompted and a link will be sent to your account. Open that up and click on the link to create a Username and Password.

You can either work through the whole resource from beginning to end, or pick and choose the sections most relevant to you.



Enjoy the site! And remember, CiC's Confidential Care Service is available 24 hours a day, 7 days a week, 365 days a year.