



# EMPLOYEE ASSISTANCE PROGRAM

Always with you, whenever you need it.



PSYCHOLOGICAL COUNSELING



ADVICE ON HEALTHY NUTRITION



SOCIAL LIFE AND GENERAL INFORMATION

# 0212 401 30 61



## EMPLOYEE ASSISTANCE PROGRAM

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### 24 hours a day, 7 days a week

For those moments you have trouble solving personal or work-related issues, and do not know who to turn to.

### RELIABLE & CONFIDENTIAL

You do not need to share any personal information in order to gain access to these services. Any personal information and problem you do provide will not be shared with anyone, including your institution.

### UNLIMITED

You may call 24/7 and as many times as you wish, anytime you need. Assistance services are provided by experienced and expert counsellors.

### COVERAGE

Family members in the same household can also benefit from these same services: If married, this covers spouse and children; if unmarried this covers parents and siblings under 18 years of age.

### FREE

You can benefit the services without limit, free of charge.

### Electronic and mobile services

With your username and password, you can also access detailed information on our website and through our mobile application.

**USER NAME:** kocuni

**PASSWORD:** avita2019

[www.avita.com.tr](http://www.avita.com.tr)

\*AVITA is a member of Employee Assistance Professionals Association (EAPA) and Employee Assistance European Forum (EAEF). It adheres to the confidentiality principles established through international ethical rules and standards and it is audited on a regular basis.



## OUR SERVICES THAT MAKE YOUR LIFE EASIER

### Psychological Counseling

Stress, anxiety, emotional problems, challenging life conditions, marriage and relationship difficulties, issues related to children etc.

### + In person Counseling

Up to 6 sessions of free consultation available when necessary

### Advice on Healthy Nutrition

Everything you want to know about on healthy nutrition. Basic information about nutrition, eating disorders and tips for losing weight, meal and snack alternatives etc.

### Social Life and General Information

Ask any question on culture, art, shopping, travel, gifts, etc. and get immediate answers.



You can use the Social Life and General Information service through SMS as well

Type KU then leave a space and ask your question. Send your text to **0532 752 31 38**

KU where is the pharmacy on duty in Sariyer?