

**SUPPORTING ACA
STUDENTS
AROUND THE WORLD**



WELLBEING

Your wellbeing is at the heart of everything we do



SUPPORT

Our services are free, impartial and completely confidential



ACA STUDENTS, ICAEW MEMBERS AND CLOSE FAMILY

Including husbands, wives, life partners and children up to the age of 25



GLOBAL

We support chartered accountants and their families around the world

ACA STUDENT CHALLENGES

MANAGING
YOUR
FINANCES

QUALIFYING
AND CAREER
PROGRESSION

MENTAL WELLBEING,
STRESS,
ANXIETY

EXAM STRESS
AND TIME
MANAGEMENT

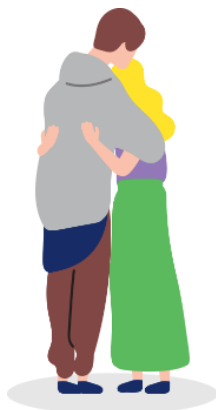
MAKING TIME
FOR FRIENDS
AND FAMILY

POOR
WORK/LIFE
BLEND



SUPPORT FOR ACA STUDENTS, ICAEW MEMBERS AND THEIR CLOSE FAMILY

**EMOTIONAL
SUPPORT**



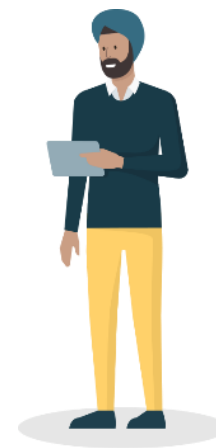
**HEALTH & CARER
SUPPORT**



**CAREER
DEVELOPMENT
SUPPORT**



**FINANCIAL
ASSISTANCE**



WHAT ACA STUDENTS SAY ABOUT US

“

Any way CABA could find to support my wellbeing, they did. I would tell any student who's feeling under pressure, don't focus on keeping up a front. Instead, reach out to CABA and communicate with your employer as soon as possible.

[Ted's story](#)

“

I was functionally impaired and was not able to afford medical expenses. CABA helped financially and emotionally to start my treatment and provided support in my personal expenses. CABA completely changed my thinking and my life, I am doing my treatment from highly qualified doctors and living a standard life with CABA's support

“

What I appreciate about CABA is the ability to anticipate what I need, and they offer the best and frequent support.



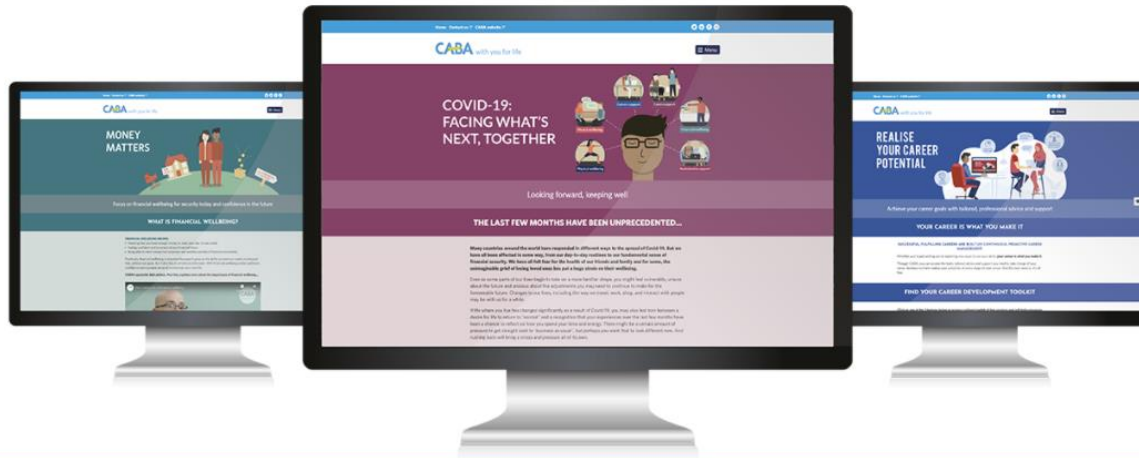
ONLINE RESOURCES

ONLINE
COURSES

WEBINARS

WELLBEING
ADVICE





CABA ADVICE

Welcome to our advice website designed to help you promote your wellbeing. Access tools and resources to look after your physical and mental health, financial wellbeing, career and much more.

Visit caba.org.uk to learn more about CABA, how we support the chartered accountant community around the world and to read about other people's experiences with us.

Contact us for tailored support. We're here 24 hours a day, 7 days a week, 365 days a year. So there's always someone you can talk to, in complete confidence.

CONTACT US

Call us on
+44(0)1788 556 366

Email us at
enquiries@caba.org.uk

Visit
caba.org.uk
live chat facility

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