Support your mental health and wellbeing with our Employee Assistance Programme (EAP)

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for a range of different issues



A telephone helpline available 24/7, 365 days a year

Simply call

03303 800658*

(or **0800 023 9324** free from any standard UK landline or mobile)

SCAN ME

Resources include:

- Telephone helpline
- Debt and financial advice
- Downloadable self-help workbooks
- Podcasts, blogs and more

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* Calls charged at local rates