

- Telephone counselling support
- Personal legal and financial information
- Health advice across a range of medical and wellbeing issues
- Speak in confidence to a third party with anonymity assured
- Available 24/7, 365 days a year

**Confidential
support
when you
need it most**



To access the Employee Assistance Programme (EAP) in confidence, call:

0800 107 6145

Telephone counselling support

Speak in confidence to a fully-qualified counsellor at any time of day

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Personal legal and financial information

Support from fully-qualified professionals with any personal finance or legal matters

Health advice across a range of medical and wellbeing issues

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Available 24/7, 365 days a year

There is no limit on the number of calls an individual can make. The service is provided in confidence through a third party and anonymity is assured at all times. All information is treated in the strictest of confidence

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