



## WORKPLACE **OPTIONS**

FREEPHONE: **0800 243 458**

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OUTSIDE THE UK: **+44 (0)20 8987 6550**

SMS (FOR CALL BACK): **+44 (0)7909 341229**

MINICOM: **+44 (0)20 8987 6574**

## AROUND-THE-CLOCK, FREE, CONFIDENTIAL ASSISTANCE

Your Employee Assistance Programme is a free, confidential and independent resource to help you balance your work, family and personal life. Available any time, any day, by phone, e-mail or online, the service provides information, resources and counselling on any of the challenges that life may bring.



- Work-life balance
- Workplace pressure
- Managing change
- Personal development
- Emotional well-being
- Bereavement and loss
- Managing stress
- Personal and family relationships
- Health and wellness
- Life events
- Disability and illness
- Child and elder care
- Debt and money management
- Consumer rights