

Employee Assistance Programme

A 24 hour helpline from Health Assured to support you through any of life's issues or problems.

Free 24 Hour Confidential Helpline:

0800 030 5182



Stress & anxiety



Counselling



Family issues



Work advice



Financial wellbeing



Childcare support



Relationship advice



Legal information



Medical information



Gambling issues



Alcohol & drug issues



Consumer issues

Download the Health e-Hub now



To find out more visit:

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