



Health

When you're worried about how well you're coping

Too much stress doesn't just place a burden on our mental health. It takes its toll physically as well. If you're concerned about how stress is affecting you, your health, and your relationships, at home or at work, we're here for you. Our **Employee Assistance Programme** gives you someone to talk to and share your worries with to help you get through life's challenges.

Whatever your worry, we can help you through it

For support and guidance from your Employee Assistance Programme

Phone

Go to

Lines are open 24 hours a day, every day of the year. The LifeManagement™ team are available between 8am to 11pm, Monday to Thursday, and 8am to 8pm, Friday. Our pharmacists and midwives are here 8am to 8pm, Monday to Friday, until 4pm on Saturday, and until 12pm on Sunday.

Username:

Password: