

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

Simply call
0800 023 9387

Resources include:



Telephone
helpline



Debt and
financial advice



Downloadable
self-help workbooks



Podcasts,
blogs and more