













Life has its obstacles. We're here to help you overcome them.

Freephone from UK landline: 0800 111 6387

For Management Support: 0800 111 6385

Visit www.my-eap.com use access code:

Your free and confidential Employee Assistance Programme can provide information, advice and support 24 hours a day, 365 days a year (Management Support is available Monday - Friday 8am - 6pm)

-  Work
-  Money
-  Retirement
-  Your rights
-  Health and Wellbeing
-  Relationships
-  Management Support
-  Emotional support
-  Children
-  Legal information



Work
Money
Retirement

Your rights
Health and Wellbeing
Relationships

Management Support
Emotional support
Children

Legal information

Life has its obstacles. We're here to help you overcome them.

Your free and confidential Employee Assistance Programme can provide information, advice and support 24 hours a day, 365 days a year (Management Support is available Monday - Friday 8am - 6pm).

Freephone from UK landline: 0800 111 6387

For Management Support: 0800 111 6385

Visit www.my-eap.com use access code: