



Health

Supporting you when the everyday doesn't go to plan

Daily life can be full of challenges. Some might appear small, and some might seem too much to cope with. Our Employee Assistance Programme gives you someone to talk to and share your worries with, to help you get through your problems.

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: