

- Telephone counselling support
- Personal legal and financial information
- Health advice across a range of medical and wellbeing issues
- Access to an online portal for further advice and support
- Speak in confidence to a third party with anonymity assured
- Available 24/7, 365 days a year

Confidential support when you need it most



To access the Employee Assistance Programme (EAP) in confidence, call:

0800 107 6147

(quote the name of your employer)

or to access the online portal, visit: **www.colleaguesupport.co.uk**

(enter code **72135** as your username and password)

Telephone counselling support

Speak in confidence to a fully-qualified counsellor at any time of day

Health advice across a range of medical and wellbeing issues

Personal legal and financial information

Support from fully-qualified professionals with any personal finance or legal matters

Available 24/7, 365 days a year

There is no limit on the number of calls an individual can make. The service is provided in confidence through a third party and anonymity is assured at all times. All information is treated in the strictest of confidence

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