

# EMPLOYEE ASSISTANCE PROGRAMME

A 24-hour helpline from Health Assured to support you through any of life's challenges

- Stress & Anxiety
- Debt
- Work
- Lifestyle
- Addictions
- Relationships
- Legal

Call the number below  
and quote  
'Mental Health Charter'

**0800 028 0199**

free 24-hour confidential  
helpline for you and your  
immediate family

health  assured



Sometimes it can be difficult to balance the pressures of work and home life. Health Assured provide caring and confidential support to both you and your immediate family.