

Supporting staff's mental health and wellbeing with our dedicated **Employee Assistance Programme**



Help at any
time, available

24/7

365 days
a year

To access the service,
simply call

0800 023 9324

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for many different issues, including:

**Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma
Relationships | Finances | Family Difficulties**

A wide offering of resources is available and includes downloadable self-help workbooks, debt advice, a mental health app and more. The telephone helpline is available **24/7, 365** days a year is completely confidential and free to anyone needing mental health support



Visit accmybenefits.vivup.co.uk

