Wellbeing support, whenever you need it

Employee Assistance Programme



For life's ups and downs



Need support now?

UK Freephone: 0800 316 9337 WhatsApp and SMS: Text 'Hi' to 07418 360 046





Access to experts for in the moment support, including:



Counselling helpline



Day-to-day information services



Legal support



Medical helpline



Plus an integrated app and digital wellbeing platform

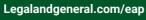


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Access code: BeWell





App

Download Spectrum.Life on iOS and Android

Access code: BeWell

Calls, SMS and WhatsApp to the numbers above may be subject to roaming charges, when calling from outside the UK. BH3385 02/23



