

Employee Assistance Programme

Your Employee Assistance Programme is a free, confidential counselling and wellbeing support service that provides in-the-moment support to you. There are multiple access points to a dedicated Case Manager so we can respond to your needs at any time:



FREEPHONE



LIVE CHAT



WHATSAPP
AND TEXT



ONLINE
PORTAL

Available 24/7, 365 days a year.

We support across a uniquely wide range of areas including:

- LGBTQ+
- Gender issues
- Depression, anxiety, & stress
- Grief & bereavement
- Addictions
- Relationship & marital problems
- Work stress
- Work-life balance
- Workplace conflict
- Retirement
- Financial Advice
- Legal Information
- Consumer Advice
- Parenting Coaching
- Mediation
- Career Guidance
- Life Coaching
- Health Advice

UK Freephone

0808 196 2016

SMS and WhatsApp:

Text 'hi' to +44 77 0018 5685

Online Platform:

app.spectrum.life/login