



HELP IS AT HAND

Life can be challenging and there may be times when you need an extra hand. Your **Staff** Employee Assistance Programme provides a counselling support service for any personal, work or family issues. Our provider Care first are open 24 hours a day, 7 days a week, 365 days a year.

FREE CONFIDENTIAL COUNSELLING

Support available anytime, day or night

CALL: 0808 168 2143

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