



Supporting you

At a time when many of us will be thinking about the wellbeing of others, it's important to take good care of ourselves too.

Life and Progress, our Employee Assistance Programme (EAP) gives you access to confidential, 24/7 emotional support and advice on a range of topics such as:

- **Stress and anxiety**
 - Bereavement
 - Work worries
 - Money and debt
- **Caring responsibilities**

To speak with a qualified counsellor over the phone or online, go to:

Freephone 0800 988 8809

www.lap-hub.co.uk

Username: JRF **Password:** Employee

Support is just a phone call away.