

# 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

spectrum  
.life



## 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



### Phone

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**0800 316 9337**

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### Online

**Legalandgeneral.com/eap**

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.

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