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**Your New Employee Assistance Programme (EAP)**

Life isn’t always easy and having someone to turn to when you’re struggling and need support can make all the difference to your wellbeing. If you’re worried about finances, feeling anxious or stressed, or worried about your physical health or suffering from low confidence, your new Employee Assistance Programme (EAP), provided by Spectrum.Life, is here to help and support you. You can access wellbeing support whenever you need it most,as well as access to a highly qualified counsellors by phone, WhatsApp, live chat and SMS, or you can even request a call back 24/7, 365 days a year. As well as a confidential counselling helpline, you have access to a medical helpline, legal support and help with day-to-day issues, such as career coaching, consumer advice or relationship mediation.

While it’s good to know all of this in the moment support is available to you when you need it most, your new EAP offers you so much more to help manage your wellbeing. You can access:

* Wellbeing webinars
* Sound space podcasts with new topics and guests every week
* BeCalm programmes – self guided meditation and mindfulness exercises
* Digital Gym – live and on demand classes tailored for all abilities
* Clinician created content on various topics such as parenting and managing depression
* Fitness and nutrition advice
* Shopping discounts

All available online or via an app.

Access the EAP using the following details:

UK Freephone: 0800 316 9337

WhatsApp and SMS: Text ‘Hi’ to 07418 360 046

Online platform: legalandgeneral.com/eap

Use access code: BeWell

Mobile app: Spectrum.Life

Use access code: BeWell

Please note – calls, SMS and WhatsApp to the numbers above may be subject to roaming charges when calling from outside the UK.