

# Wellbeing support, whenever you need it

Employee Assistance Programme



For life's ups and downs

**Get access to experts for  
in-the-moment support, including:**



Counselling helpline



Day-to-day information services



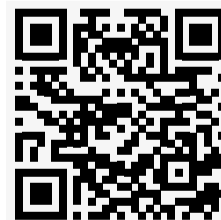
Medical helpline



Legal support



Integrated app and wellbeing  
platform



**Scan me to find out more**

## Phone



UK Freephone: **0800 316 9337**

WhatsApp and SMS:

**Text 'Hi' to 07418 360 046**

Calls may be recorded and monitored.

## Online



Visit: **legalandgeneral.com/eap**

Use access code: **BeWell**

## App



Download the app by searching  
**Spectrum.Life** in the iOS or  
Android app stores.

Use access code: **BeWell**