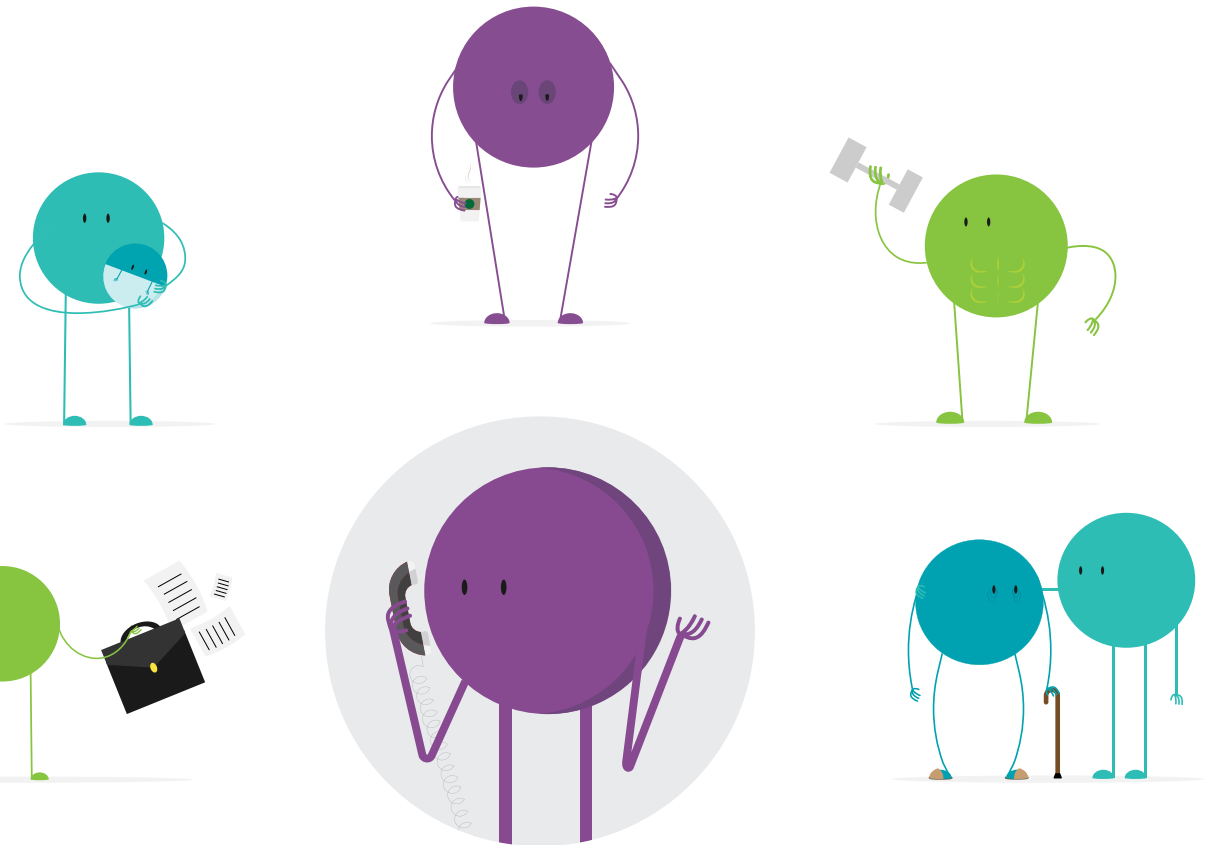




# Here for you

## Global Employee Assistance Programme

We all need some help sometimes. Our Employee Assistance Programme is here for you, whatever's going on in your world.



 **Phone**  
0800 048 2702

 **Mobile App**  
Download the **Lifeworks** app from the App Store (iOS)  
or Google Play (Android)

 **SMS**  
+44 7909 341229

 **Online**  
[www.unumlifeworks.co.uk](http://www.unumlifeworks.co.uk)  
**Username:** unum **Password:** lifeworks

# EAP Services in the UK

## Easy Access

This is easy to access and confidential.

It is available at no cost to you and your immediate family members 24 hours a day, 7 days a week, 365 days a year (available to employees based in the UK and Republic of Ireland only).

## Personal Support

Speak to a caring professional counsellor, on matters affecting your emotional well-being including relationships, bereavement, stress and anxiety (available to employees only, except as part of couples counselling).

## Referrals to local child and elder care resources

Speak to a caring professional counsellor, on matters affecting your emotional well-being including relationships, bereavement, stress and anxiety (available to employees only, except as part of couples counselling).

## Confidential Consultation

Practical information and advice on issues ranging from parenting and work matters, through to debt management and healthy eating.

## Educational and Information Resources

A range of resources to view online or download including articles, podcasts and toolkits covering a variety of topics such as financial well-being, resilience, mindfulness and much more.

## Personal Legal Support

Access to in-depth help and information on any legal issue you may have questions or queries on; including:

- Consumer Advice
- Criminal Law
- Debt Advice
- Family Law
- Financial Law
- Medical Law
- Motoring Offences
- Neighbour Disputes
- Personal Injury
- Property Law
- Wills and Probate

Legal support consists of 1 consultation per issue per year (available to employees only).