



Could we help you?

Your Employee Assistance Programme is designed to support you with the day to day challenges we all face at one time or another. It's a free benefit to use, and it's confidential.

To access EmployeeCare visit www.myemployeeecare.com

This service is free to use, simply enter:

Username: 72221

Password: employeeecare

- Stress
- Bullying
- Bereavement
- Relationship breakdowns
- Financial worries
- Neighbour disputes
- Depression
- Post traumatic stress
- Alcohol abuse
- Money worries
- ... and much more



To access your 24 hour telephone counselling and information services, call us free on:

0800 917 9330 at any time, day or night. You can remain anonymous if you wish. What you discuss is confidential unless we consider there is a risk of harm to you or anyone else.