



**Please check that
Spectrum.Life is your
Employee Assistance
Programme provider
before using the
following poster.**



You're not alone

With your health cash plan

Just call

0808 196 5707

and quote your company name.

or WhatsApp/SMS: **Text 'hi' to 07418 311 686**

Your **24/7 free and confidential helpline** with Spectrum.Life offers practical information and emotional support for*:

- | | |
|---|--------------------------------|
| ✓ Stress, anxiety and depression | ✓ Medical information |
| ✓ Family issues | ✓ Feelings of isolation |
| ✓ Finances and debt management | ✓ Legal advice |
- And much more***

Discover more at healthshield.co.uk

The Employee Assistance Programme is provided on behalf of Health Shield by Spectrum.Life. *Sometimes appropriate support may lay outside of the 24/7 counselling services provided. The helpline is available to you, your partner and dependents over the age of 16 (if covered) - check your Health Cash Plan terms and conditions.

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