



**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

1800 456 780

quoting your company name.

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

- ✓ **Stress, anxiety and depression**
- ✓ **Family issues**
- ✓ **Finances and debt management**
- ✓ **Medical information**
- ✓ **Feelings of isolation**
- ✓ **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.