

Employee Assistance Programme



Wellbeing support, whenever you need it

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**