

# Wellbeing support, whenever you need it

Employee Assistance Programme

For life's ups  
and downs



## Need support now?

UK Freephone: 0800 316 9337

WhatsApp and SMS: Text 'hi' to 07418 360 046

spectrum  
•life



## Access to experts for in the moment support, including:



Confidential  
helpline



Day-to-day information  
services



Medical  
helpline



Legal  
support

## And much more

### Phone



UK Freephone:

**0800 316 9337**

WhatsApp and SMS:

Text 'hi' to **07418 360 046**

### Online



[legalandgeneral.com/eap](https://legalandgeneral.com/eap)

Access code: **BeWell**

### App



Download **Spectrum.Life**

on iOS and Android

Access code: **BeWell**

Calls, SMS and WhatsApp to the numbers above may be subject to roaming charges, when calling from outside the UK.

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**Legal &  
General**