

Wellbeing support, whenever you need it

Employee Assistance Programme

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



Plus access to an integrated app and a digital wellbeing platform

Phone



UK Freephone: **0800 316 9337**
WhatsApp and SMS:
Text 'Hi' to 07418 360 046

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**

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