



EMPLOYEE ASSISTANCE PROGRAMME (EAP)

The employee assistance programme is available for anyone to use at any time. It is a 24/7 confidential helpline service with trained professionals who can help with a wide range of concerns. Please find attached the EAP programme details.

Working with Legal and General we have set up a wellbeing programme which focuses on mental wellbeing as well as general employee assistance.

The EAP is a free, confidential and independent resource to help you deal with issues affecting your everyday life. You can speak to a specialist professional, 24 hours a day, 365 days of the year so you can get support when you need it. This also includes a Health Risk Assessment (HRA) tool which provides employees with an effective way to understand state of health and set realistic goals for improvement.

Support is provided by experts who can help with a wide range of topics such as stress, anxiety, depression and other mental illnesses.

For further information on this please visit the website:

<https://www.legalandgeneral.com/workplacebenefits/microsites/worklife-solutions>

To use the service please use the contact number provided below and quote the Company name:

UK Freephone: 0800 316 9337
Republic of Ireland Freephone: 1 800 558 899

MENTAL HEALTH FIRST AIDERS

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