

# It's okay not to be okay



You and your immediate family have **FREE** access to confidential telephone support, including face-to-face counselling, legal, health and medical advice, as well as a host of online information, including help to track your fitness and wellbeing, via the

## EMPLOYEE ASSISTANCE PROGRAMME (EAP)

### Phone



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

### Online



Visit: [legalandgeneral.com/eap](https://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**



Scan me to find out more