

making a healthy difference

COUNSELLING, LEGAL,
HEALTH AND WELLBEING
INFORMATION

ACCESS COUNSELLING AND INFORMATION WITH EASE

Now it's easy for you to access professional advice and counselling on a whole range of legal, medical and domestic issues – from making a Will and dealing with noisy neighbours, to consumer disputes and seeking nutritional or health advice – at any time of the day or night!

No problem is too big or small

This service provides a **24 hour Freephone Counselling and Information Line** which gives you immediate access to free and confidential advice from a team of friendly, qualified Counsellors, Medical Advisors and Lawyers.

What's more, **up to 6 face to face counselling sessions** can be arranged for you when your telephone Counsellor recommends this as being beneficial. The cost of these 6 sessions will automatically be covered by your policy.

Your employer regards your welfare as a key priority and is confident that this service can help in achieving a healthy work/life balance.

