

Employee Assistance Programme



Wellbeing and Mental Health Support

Life has its ups and downs and having someone to turn to when you need support can make all the difference to your wellbeing.

As part of L&G's Employee Assistance Programme (EAP) from Spectrum.Life, you and your immediate family* have access to wellbeing and mental health support available 24 hours a day, 365 days a year. You can talk to a qualified counsellor whenever you need to and in a way that suits you – telephone or video.

You can get support on a wide range of issues including:

- Stress
- Anxiety
- Low mood
- Financial worries
- Addiction
- Worries about physical health
- Confidence issues

*Immediate family includes spouse, partner, registered civil partner and children aged 16 to 24 in full-time education who are living in the same household.

Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please [email us](#) or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. BH4299 03/26

How to access the EAP:

By telephone (24/7 – quickest help)
Call any time on **0800 316 9337**.

WhatsApp or SMS
You can message using SMS or WhatsApp by texting "Hi" to **+44 74 1836 0046**.
If you message, you may be asked to call the helpline so that you get the right support. But if you prefer, the 24/7 team can call you back.

Live Chat
You can chat with the team online by clicking the Live Chat button on the page.

Book an appointment online
If you want to plan ahead, you can book an appointment online or through the app. Appointments can be booked up to 24 hours in advance and are available from 8am to 8pm.

