

Employee Assistance Programme



Wellbeing support, whenever you need it

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

 Integrated app and wellbeing platform



Scan me to find out more

Phone



UK Freephone: **0800 316 9337**
WhatsApp and SMS:
Text 'Hi' to 07418 360 046
Calls may be recorded and monitored.

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**