

Employee Assistance Programme
Spark your wellbeing

Need support now?

UK Freephone:

0800 316 9337

WhatsApp and SMS:

Text 'hi' to 07418 360 046

**Wellbeing unlocked.
All in one place.**

 **spectrum.life**



Access to experts for in the moment support, including:



Confidential
helpline



Medical
helpline



legal and financial
information

And much more

Phone



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

Online



Visit:
landg.spectrum.life

App



Download the
spectrum.life app
in the iOS or
Android stores

Calls, SMS and WhatsApp to the numbers above may be
subject to roaming charges, when calling from outside the UK.

BH3518 06/25

