

# Supporting staff's mental health and wellbeing with our dedicated Employee Assistance Programme



Help at any  
time, available

**24/7**

365 days  
a year

To access the service,  
simply call

**03303 800 658\***

(or 0800 023 9324 free from any standard  
UK landline or mobile phone)

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for many different issues, including:

**Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma  
Relationships | Finances | Family Difficulties**

A wide offering of resources is available and includes downloadable self-help workbooks, debt advice, a mental health app and more. The telephone helpline is available **24/7, 365** days a year is completely confidential and free to anyone needing mental health support



Visit [vivup.co.uk](https://www.vivup.co.uk)

