



Introducing you to your new, free and confidential support to help you manage all of life's events



Your free and confidential Employee Assistance Programme provides information, advice and support, **24 hours a day, 365 days a year.**

Contact us for help on

- Work
- Money
- Retirement
- Your rights
- Health and Wellbeing
- Relationships
- Management Support
- Emotional support
- Children

0800 111 6387 |

enquiries@vhg.co.uk | vitahealthgroup.co.uk

(Management support is available Monday - Friday 8am - 6pm).



Freephone from UK landline: **0800 111 6387**

For Management Support: **0800 111 6385**

Calling from overseas: **+44 845 330 5132**

For free support visit www.my-eap.com and use access code:

ISSWELL