



EMPLOYEE ASSISTANCE AND THERAPY

## CONFIDENTIAL TELEPHONE HELP-LINE

AVAILABLE 24 HOURS A DAY (365 DAYS A YEAR)

## PERSONAL ONE TO ONE COUNSELLING

### WE CAN ASSIST YOU WITH:

- Stress related problems
- Work pressures
- Financial issues
- Medical problems
- Family/Marriage issues
- Psychological problems
- Legal issues
- Drugs and alcohol dependency
- Work related problems

# 0800 071 3672