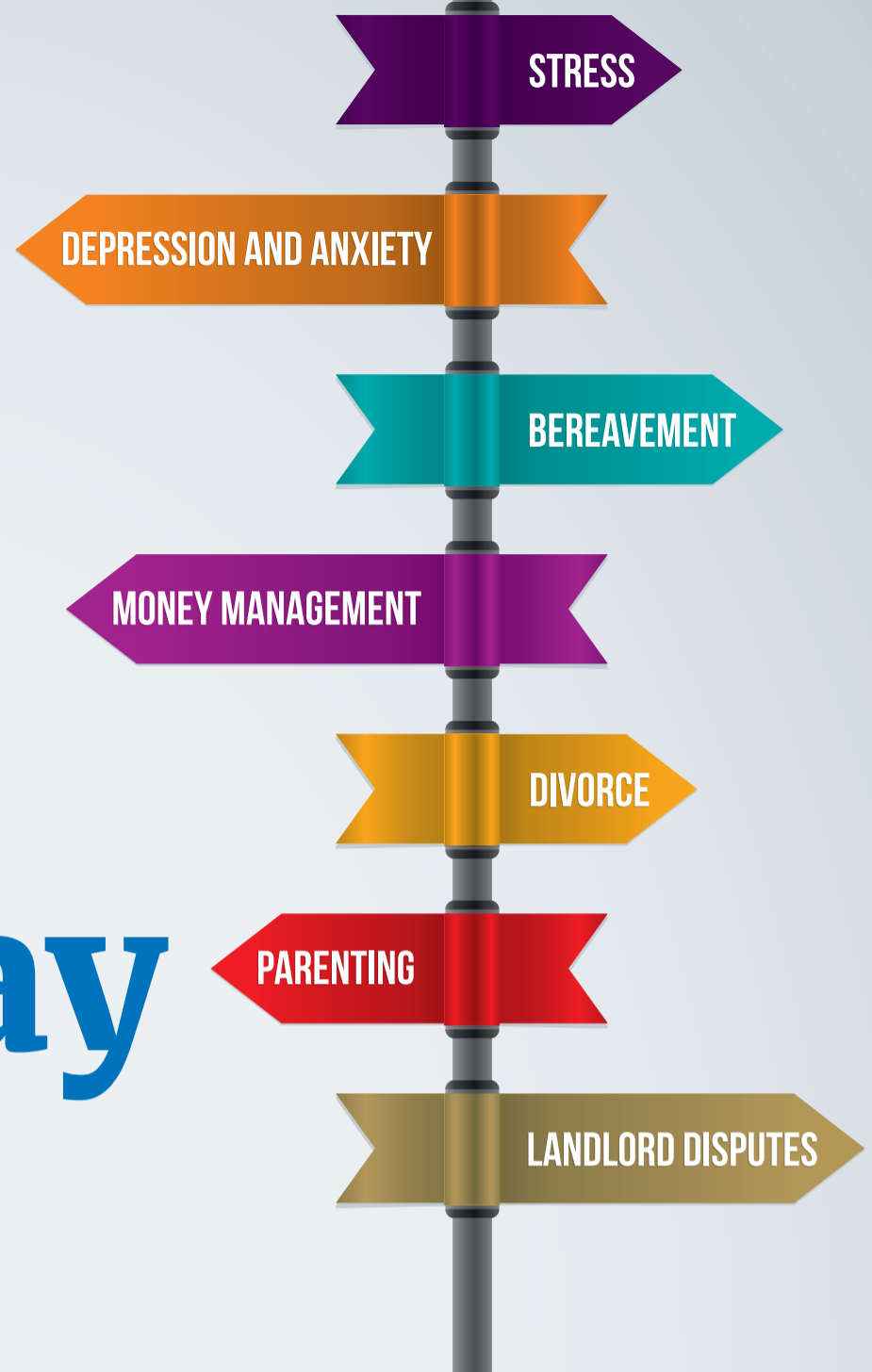


Not sure which way to turn?



We all face challenges and from time to time you may need help on which way to turn. Your Bupa Employee Assistance Programme (EAP) is a free, completely confidential telephone support line that is open to you and your family¹ 24 hours a day, seven days a week.

The qualified counsellors at the Bupa EAP will listen to you, suggest ways to resolve the problem and point you in the right direction to get you back on track and feeling more like yourself again.

What happens when you call?

When you call the Employee Assistance Helpline, you'll be put through to a fully qualified and experienced counsellor. Depending on the reason for your call, they'll either help you in person, or, if you need practical support or information, they'll put you through to a relevant specialist.

Remember, the whole process is completely confidential.

Call Bupa Employee Assistance free on 0800 269 616.

¹Dependant family within the same household only. We are unable to provide individual counselling to dependants under the age of 16, however we can point them in the right direction for support available to them.

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Registered office:
ECA Court
24-26 South Park
Sevenoaks
Kent TN13 1DU

Company number 1534505