# Your Assistance **Programme**

A 24/7 helpline from HA | Wisdom Wellbeing. Mental health and wellbeing support to get you through life's issues, problems, and worries.



Free 24-hour confidential helpline

0800 028 0199





Your trusted wellbeing partner

## **Your Assistance Programme**

It's not easy to balance the pressure of work, home life, and any other personal issues that you may be experiencing.

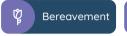
HA | Wisdom Wellbeing provides support and guidance for you and your immediate family.\*

#### What can I use this service for?























## 24/7 confidential support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.













## **Your Assistance Programme**

- Stress & anxiety
- Debt
- Work
- Addictions
- Relationships
- Legal

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