

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

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB
Registered in England. No 6314620

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?



Family issues



Financial information



Legal information



Medical information



Bereavement



Housing concerns



Alcohol or drug issues



Consumer issues



Stress & anxiety



Low mood



Tax information



Retirement

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.



WisdomTV



Wisdom app



Four-week programmes



Financial wellbeing



Health advice



Medical factsheets

Your Assistance Programme

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

Free 24 hour
confidential helpline
0800 028 0199

Download Wisdom now



Unique code: **MHA360322**

*HA | Wisdom Wellbeing defines immediate family members as spouse/partners and children aged 16 to 24 in full-time education, living in the same household.