

# Whatever you're facing, we can help

Your free, confidential Employee Assistance Helpline can help ease you through life's difficult times. Qualified counsellors are on hand 24 hours a day for you and your household, providing expert guidance and emotional support. You'll also have access to specialists who can guide you on everything from debt and legal issues, to work/life balance and lifestyle support.

One call could make a big difference

**0800 269 616\***

**Ireland 1800 650 138\***

**[bupa.co.uk/eaponline](http://bupa.co.uk/eaponline)**

\*Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call. Calls to 0800 numbers are now free for mobile users.

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