## Get back on track



Everyone needs a helping hand sometimes. Employee Assistance Programme gives you access to qualified counsellors 24/7 on the phone and in person. For any problem, no matter how small - from finding emergency childcare or home repairs to helping with stress, bereavement and addiction, we're here for you.

To find out more, Call: 0800 116 4368 or visit: www.cemexlifestyle.co.uk

