

FREE ADVICE & COUNSELLING



Help and advice available 24/7

WHAT IS LIFESTYLE SUPPORT?

Lifestyle support is your employee assistance programme which can help you with any personal, work or family issue you face. Talk to highly qualified counsellors about anything that's on your mind including:

- Consumer rights
- Family matters
- Employee support
- Elder care
- Health issues
- Loss/bereavement
- Wellbeing
- Debt management
- Employee support
- Childcare
- Depression & Anxiety
- Relationships



Available 24/7



Accessible by phone



Professionally trained counsellors



Confidentiality assured

CONTACTS:

Freephone: (available 24/7)
0808 168 2143

Outside the UK:
+44 (0) 1452 623 353

Minicom:
0800 174 319

Website:

www.lifestyle-support.co.uk

Username: cemex Password: cemex