How We Are Supporting Everyone's Health, Safety & Wellbeing at CEMEX UK







advice and assessments for <u>all</u> impacted staff



500 employees receive mental health training



196
Covid Updates
since March



Resources shared through UK News

24/7 counsellors

Financial advice

Childcare

Isolation and loneliness

Elderly relatives

Free, confidential support through **Employee**

Assistance Programme

Smoking and drinking

Stress and conflict

Mental health

Retirement

Bereavement

Addiction

Where can I go if I need help?

- CEMEX takes the health and wellbeing of all its employees very seriously.
- If you have any concerns and feel comfortable to do so, speak to your manager, or a colleague.
- Our HR team is also always available to provide support.
- If you would prefer to speak to someone outside the organisation, the **Employee Assistance Programme** provides free, confidential support and counselling for all employees:
 - Covers a wide range of issues, as seen above
 - Visit www.lifestyle-support.co.uk, username: cemex / password: cemex or call 0808 168 2143

