

**Addiction can  
happen to anyone  
at any point in life.**



**However you're feeling right now, you  
are not alone: support is available.**

**It is nothing to be ashamed of and  
getting help - whether it's for you or a  
loved one - can save and transform  
your life.**

**Please take 2 minutes to watch this video**



**Cemex Employee Assistance Line (Lifestyle Support)  
for confidential advice and support.  
Call 0808 168 2143  
Visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk)  
(Username: cemex Password: cemex).**

