

**time to  
talk week**

**3rd-7th February**



Rethink  
Mental  
Illness.

# Care first

## If you need support

**Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.**

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety.

It is run by a separate provider and not part of Cemex – we don't receive any employee specific information from them.



**Call 0808 168 2143**



Visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk)

Username: cemex

Password: cemex