

**time to
talk week**

2nd-6th 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

Username: cemex

Password: cemex