



# Supporting our staff's mental health in times of need

We have launched an Employee Assistance Programme (EAP), to ensure that help is available to all of our employees, especially with the additional stress of COVID-19.

Help at any time, available

**24/7**

365 days a year

To access the service, simply call

**03303 800658\***

Or to find the full range of services available, visit

**vivup.co.uk**

Our Vivup EAP provides a range of information and practical support for problems at work and home including:

**Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma | Relationships | Finances | Family Difficulties**

Please note the helpline is for mental health support and cannot provide any advice for COVID-19 health-related issues



**Confidential, impartial assistance for life's ups and downs**



Visit **vivup.co.uk**



\* Calls charged at local rates