

# Wellbeing support, whenever you need it

For life's ups  
and downs



## Need support now?

UK Freephone:  
**0800 316 9337**

WhatsApp and SMS:  
**07418 360 046**

Employee Assistance Programme

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## On-demand wellbeing support for when you need it most

Having someone to turn to when you need support can make all the difference to your wellbeing.

Your Employee Assistance Programme (EAP) is here to do just that. The on-demand service gives you free day-to-day wellbeing support and access to an expert counselling service to help you and your immediate family at any time – 24 hours a day, 365 days a year.

### How can the EAP help?

There's almost no end to the issues you can get support with, which includes but isn't limited to:

- Stress
- Anxiety
- Low mood
- Financial worries
- Substance abuse issues
- Worries about physical health
- Help with career planning
- Confidence issues

The wide range of EAP support is designed to help you in many difficult circumstances and situations.

When you access the Spectrum.Life platform and app, you'll find wellbeing events, meditations, podcasts, fitness programmes and nutritional guidance. So whether it's work life or personal life, there's support for you.

# Instant access to expert support

Your Employee Assistance Programme is there when you need, in a way that works best for you. You'll be able to contact the EAP in a way you prefer, by phone, WhatsApp, live chat, SMS or by requesting a call back. Whether you're looking for support with your health, finances, personal or work life, a qualified counsellor will be on hand when you need it.

The confidential helpline is also available to your immediate family – that includes a spouse, partner, registered civil partner and children aged 16 to 24 in full-time education who are living in the same household.

## Your core support services

Access to experts for in the moment support



### Confidential helpline

You can speak in confidence to experienced counsellors and advisers for friendly, non-judgemental support and information, 24 hours a day, 365 days a year. It's accessible worldwide by phone, WhatsApp and SMS.



### Structured counselling

You can access up to eight sessions with a counsellor, either face-to-face, online or over the phone. There's a choice of evidence-based therapies including Cognitive Behavioural Therapy, Compassion Focussed Therapy and Eye Movement Desensitisation and Reprocessing.



### Legal support

Legal issues can be worrying, so it makes sense to get free initial information from a trained legal professional. The EAP can put you in touch with solicitors who can help with a wide range of issues.



### Medical helpline

Whether you're looking for a sympathetic ear or practical guidance, you can speak to a qualified nurse about a range of medical or health-related issues.



### Day-to-day information services

Get help with a range of topics, such as your finances, career coaching, consumer advice and relationship mediation.

## Your enhanced wellbeing services

In addition to your core EAP, the dedicated platform and app provides support for a healthy mind and body.



### On-demand digital access

All the details on how to access your core EAP services and wellbeing extras can be found in the dedicated Spectrum.Life platform and app.



### Clinically approved content

No more internet research rabbit holes – get the latest expertise from clinician created content on mental health, depression, anxiety, sleep, parenting and more, through articles, videos and podcasts.



### Wellbeing webinars

Save a seat at a series of live broadcasts, bringing you the latest in health and wellbeing. Watch panel discussions with experts in their field and take part in the live chat.



### BeCalm programmes

Reduce anxiety, improve sleep and increase happiness with self-guided mindfulness and meditation exercises.



### Sound Space podcast

Listen your way to better health by tuning in to the latest podcasts in health and wellbeing. With new episodes and guests every week.



### Digital Gym

Access a range of classes including Pilates, HIIT, yoga, combat and kettlebells. Classes are tailored for everyone, from beginners to advanced level. Watch live and on-demand, in your own time and space.



### Fitness and nutrition

Access hundreds of healthy recipes, from easy snacks to meals for the family. Plus explore a growing collection of fitness programmes with hundreds of different exercises for all levels.



### Shopping discounts

Access a wide range of shopping offers and discounts.



# Register on the platform and app



Visit: [legalandgeneral.com/eap](https://legalandgeneral.com/eap)  
Use access code: **BeWell**



Don't forget to download the app by searching **Spectrum.Life** in the iOS or Android app stores.  
Use access code: **BeWell**

Our confidential support service is available 24/7, 365 days a year

## How to access support now

Access the EAP using the following details:

UK Freephone: **0800 316 9337**

WhatsApp and SMS: **Text 'hi' to 07418 360 046**

Online platform: **legalandgeneral.com/eap**

Use access code: **BeWell**

Mobile app: **Spectrum.Life**

Use access code: **BeWell**

Calls, SMS and WhatsApp to the numbers above may be subject to roaming charges, when calling from outside the UK.

This service can be changed or withdrawn at any time.

**spectrum**  
.life

### About your provider

Spectrum.Life is a mental health, wellbeing and digital health innovator, providing Employee Assistance Programmes to over 4 million employees.