



Supporting our staff's mental health in times of need

We would like to make you aware of our 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 | Bereavement | 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

