

Free, confidential 24/7 telephone support now available to our staff



Help at any time, available through telephone counselling 24/7, 365 days a year

03303 800658

(Calls charged at local rates)

Or to find the full range of services available

Visit vivup.co.uk

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

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

We have launched an NHS focused Employee Assistance Provision (EAP), designed to help our staff in times of need



Confidential, impartial assistance for life's ups and downs



Visit vivup.co.uk