



# Did you know?

## Your Employee Health and Wellness Programme (EHWP) is completely confidential.

**When you call, we only need the name of your employer for immediate support. We will only ask you to provide your name if you need to be referred. Only in very rare cases, where there is risk to self or others would information be disclosed.**

- It's completely confidential
- No individual information is provided to your company
- Your employer will not know that you have called
- You can call as often as you need to



**If you or your loved one need to talk to someone, reach out to your EHWP for support with any issues you may be facing.**



Toll-free: **0800 111 011**

Request a call back: **\*134\*905#**

Get in touch online: **<http://app.lyrawellbeing.health/>**

Your company code: **WES007**



# Did you know?

**Your Employee Health and Wellness Programme (EHWP) includes counselling support.**

**Talk to a counsellor in complete confidence on a wide range of issues including:**

- Relationships
- Stress or anxiety
- Family matters
- Work-life balance
- Bereavement
- Financial Support
- **Multiple access points including telephone, face-to face, and online counselling**
- **24/7 telephone and online access**



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# Did you know?

**Your Employee Health and Wellness Programme (EHWP) offers an information-based financial support service provided by qualified independent financial consultants.**

**This service is offered telephonically and covers the following topics:**

- Budgeting
- Debt management
- Savings
- Basic tax queries
- Informaton related to financial fraud



**If you or your loved one need financial information and guidance, reach out to your EHWP for financial support.**



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# Did you know?

**Your Employee Health and Wellness Programme (EHWP) offers an information-based legal support service provided by qualified independent legal practitioners.**

**This service is offered telephonically and covers the following topics:**

- Marriage and cohabitation, separation and divorce including ancillary matters such as financial settlements.
- Property/rental law including housing issues, property rental, landlord/tenant rights and responsibilities.
- Family law including family problems, parenting, maternity/paternity, childcare, eldercare of ill or dependent relatives, inheritance, wills and estates.
- Consumer law including problems with goods/services, contracts, deposits, issues with holiday bookings and court procedures.

*\*The topics covered by this service may vary per country/region.*



**If you or your loved one need legal information and guidance, reach out to EHWP for legal support.**



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# Did you know?

**Your Employee Health and Wellness Programme (EHWP) can help you deal with a traumatic event.**

**If you or a member of your family has suffered a traumatic experience, such as coping with the death of a loved one, experiencing a natural disaster or being a victim of crime, your EHWP can help.**

- No matter the issue
- Help and support, whenever you need it
- Talk to us, we're here for you
- 24 hours a day, every day of the year



**If you or your loved one experienced a traumatic event and are struggling to cope, reach out to your EHWP for trauma support.**



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# Did you know?

**Your Employee Health and Wellness Programme (EHWP) includes practical guidance and support on everyday matters.**

**Just give us a call, and we'll talk you through the types of guidance and support we can offer on issues such as:**

- Legal
- Financial
- Family matters
- Work issues



**If you or your loved one are struggling to balance the pressures of work and life, reach out to your EHWP for work-life support.**



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