

HERE TO HELP YOU THRIVE IN LIFE



We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics. Just reach out. We can help!

Support is available 24 hours a day, 7 days a week.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support via multiple channels. Log in to the website to get all the information.



Freephone
0800 243 458

Mobile or internet-based calls are supported.



WhatsApp
+1 984 920 6875



Direct Dial
+44 20 8987 6230



Website
<https://www.resourcesforliving.com>

Username: Iron Mountain

Password: Mountaineer



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Download the app from iOS or any Android app store and register using the following passcode:
259900

Employee Assistance Programme

Support is provided by Aetna Resources For Living, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.