

Employee Assistance Programme

Spark your wellbeing

Need support now?

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Text 'hi' to 07418 360 046

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 **spectrum.life**



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Confidential
helpline



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helpline



legal and financial
information

And much more

Phone



UK Freephone:
0800 316 9337
WhatsApp and SMS:
Text 'hi' to **07418 360 046**

Online



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Use organisation code:
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App



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in the iOS or
Android stores

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

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