

# Your Assistance Programme

A 24/7 helpline from Health Assured. Wellbeing and mental health support to get you through life's issues, problems, and worries.

Free 24-Hour Confidential Helpline



Your healthy advantage

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB  
Registered in England. No 6314620

Pop out this card for future use.



## Your Assistance Programme

It's not easy to balance the pressure of work, home life, and any other personal issues that you may be experiencing. Health Assured provides support and guidance for you and your immediate family.\*

### What can I use this service for?



Family issues



Financial information



Legal information



Medical information



Relationship advice



Housing concerns



Alcohol or drug issues



Childcare support



Stress & anxiety



Low mood



Domestic abuse



Retirement



Consumer issues



Tax information



Bereavement

### 24/7 confidential support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.



Bright TV



Wisdom



Four-week programmes



Nutritional advice



Health Checks



Fitness advice



Financial wellbeing



Medical factsheets



Budgeting

### Your Assistance Programme

- Stress & anxiety
- Debt
- Work
- Addictions
- Relationships
- Legal



Free 24 Hour Confidential Helpline

Download Wisdom now



wisdom.healthassured.org

\*Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full-time education, living in the same household.