

# Employee Assistance Programme

Helping you focus on the moments that matter



Are you having difficulty at home or at work?  
Simply talking to someone in confidence could help with those next steps.

Your call will be answered by a fully qualified counsellor who can offer guidance and support. Or simply be there to listen. There is no limit to the number of times you can use the service, providing peace of mind when you need it most.



Call the round-the-clock helpline:  
**0333 212 3148**



Visit: [carefirst-lifestyle.co.uk](https://carefirst-lifestyle.co.uk)  
Username: Omnilife Password: EAP



To access a handy app for added convenience, search 'EAP in your pocket' from the Apple App or Google Play Store. Enter code: CFIYP1

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