# A listening ear, day and night.

## Emotional support

You and your family† can talk to a trained expert in confidence about any worries before they become bigger problems. We can help with things like:

- stress
- bereavement
- coping with change
- anxiety and depression
- substance misuse
- relationship and family issues

## Practical information^

Our experts can provide you with the facts you need to make informed decisions on a range of things, including:

- money management and debt
- landlord disputes
- divorce
- consumer rights
- parenting
- careers and training advice

†Dependant family within the same household only. We are unable to provide individual counselling to dependants under the age of 16, however we can point them in the right direction for support available to them.

^Information only services. For legal, financial or debt management advice, customers will need to engage external advisers separately.

Call us for a confidential chat, 24/7

**0800 269 616**

**1800 650 138** (ROI)

**+44 131 588 0321** (International)

Useful self-help tools

**bupa.co.uk/eaponline**

*Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.

Pop out and keep handy

## Self-help information and tools

Head online for free, unlimited access to helpful factsheets and practical tools like our budget planner and savings calculator. These can help you prevent or manage future issues or catch problems before they get worse.

## Keeping things confidential

Our Bupa EAP Plus is confidential. We won't tell your employer or anyone else that you've called, unless we think you, or someone else, may be at risk and are legally obliged to do so. Should this be the case, we'll do everything we can to talk this through with you first.

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