

Confidential support for everyone, every day.

Everyday Advice Line offers a free confidential phone number for employees to use **24 hours a day, 365 days a year.**



Counselling

Including relationship difficulties, substance abuse, stress, emotional challenges and bereavement support, from fully qualified counsellors.

Medical advice

Covering paediatrics, infectious diseases, alternative medicine, pre- and post-operative advice and more.

Financial help

Focusing on financial problems and debt management, insurance disputes and welfare benefits.

Legal advice

Advice on domestic problems, personal injury claims, motor-related disputes and property worries, from qualified solicitors, barristers or legal executives.

Management support

First-line guidance for those dealing with people-management issues.

MyMindPal app

A Mental Fitness app that helps every day people to stress less and enjoy life more.

0800 612 8345

Everyday Advice Line is provided through our partner BHSF. Please quote the name of your employer when asked for your company number.