

Employee Assistance Helpline

24-hour confidential advice & information

The Employee Assistance Helpline is a confidential 24-hour counselling, support and information service that can help you cope with a wide variety of personal, family or workplace problems, including:

Work-related issues:

- Workplace stress
- Coping with change
- Relationships with colleagues
- Harassment or discrimination
- Robbery, violence or abuse

Personal & family issues:

- Bereavement
- Parenting and school
- Debt and money worries
- Depression and anxiety
- Illness and disability
- Divorce or separation
- Drug and alcohol problems

The Employee Assistance Helpline has been provided by your employer. The service is free and is available to all employees and members of your immediate family.

The helpline is confidential and anonymous. It is provided by WSM Ltd., an independent external organisation that provides employee assistance, and professional counselling.



Help is just a phone call away

For help and advice on any issue, simply call the free phone number, 24 hours a day, 7 days a week, or send us an email:

0800 328 1437
advice@wsml.co.uk