



PAM Wellness

Employee Assistance Programme

Call the **helpline** for **free and confidential** health and wellbeing support, available **24/7**.

We're here for you **whenever** you need us.

Support is available for:



Stress & anxiety



Counselling



Bereavement



Relationships



Financial wellbeing

This list is not exhaustive and the **helpline team** can deal with other issues as required.



Need to talk?

Call **0800 011 000** or login
to **app.pamwellness.co.uk**
using your **Organisation code:**



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