

## health and wellbeing support

We want to support you to achieve a positive balance between your work and home life and offer you access to a wide range of support for you to be and remain healthy and well in work.

From our occupational health services to Employee Assistance Programme and mental wellbeing support all staff can access free confidential support 24 hours a day seven days a week.

You will also be able to get involved in our health and wellbeing programme throughout the year.

