



PAM Wellness

Employee Assistance Programme

Call the **helpline** for **free and confidential** life management and personal support service that is available to you **24 hours a day, 365 days a year**.

Need to talk?

We provide emotional and practical support on work and personal issues to support your health and wellbeing.

You can contact us in different ways, and all options are **free**

You can call us on:

If you prefer typing over talking, you can access our **live chat** service via the **app** and **portal** at **pam-assist.co.uk**.

Access the **app** and **live chat** using your **organisation code**:

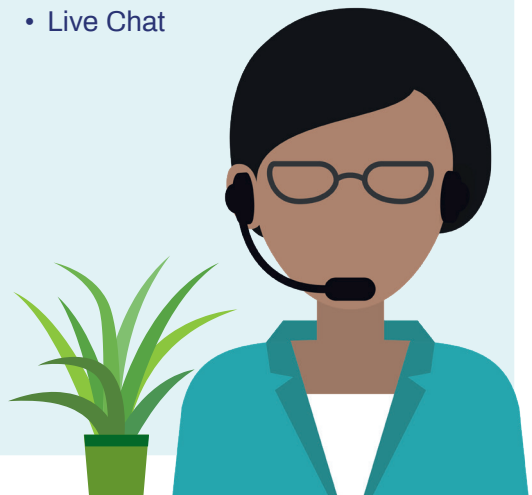


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What support is

available?

- 24/7 Helpline
- Counselling
- Legal, financial and debt support
- Online and app based wellbeing tools, including mood tracker
- Wellness dashboard
- Live Chat





Support is available for:

The topics we can help you to deal with include;

- Stress
- Anxiety
- Relationships
- Bereavement
- Financial wellbeing
- Drug and alcohol abuse
- Family conflict
- Abuse
- Mental health issues
- Legal information
- Divorce
- Caring for relatives
- Addiction
- Emotional support
- Miscarriage
- Funeral arrangements
- Infertility
- Separation
- Living with long term illness
- Support following an accident
- Terminal illness
- Retirement planning and support
- Trauma care
- Understanding the diagnosis

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



Need to talk?

We're here to support you 24/7.

Call or login to pam-assist.co.uk

Organisation code:

