

It's the small things that make a big difference

1 in 4 people suffer
from a mental
health problem...



...with one call we can help you
sort out any issues you're facing

We're supporting **'time to change'** – England's biggest programme to challenge mental health stigma and discrimination. Sometimes small gestures can make a significant difference to how you or someone else is feeling, so why not start today?

Contact us if you want support, help to clarify a problem or if you feel like things just aren't getting any better.

Or perhaps you want to know how to help someone who is struggling?

If you want to know more about **'time to change'** go to: www.time-to-change.org.uk

time to change

let's end mental health discrimination

For counselling and advice, call free:

0800 328 1437

If abroad: +44 (0) 1482 661 814

Or visit us online:

employeeassistance.org.uk

 Employee
Assistance
HELPLINE