



Inspiring Futures
through Learning

FREE
support

Employee Assistance Programme

Our Health Assured programme is **available 24/7** and **free** to access by all IFtL colleagues and their immediate family members, offering support through some of life's challenges, including:



Family
issues



Financial
wellbeing



Legal
information



Medical
information



Relationship
advice



Tenancy and
housing concerns



Alcohol and
drug issues



Childcare
support



Stress and
anxiety



Bereavement



Counselling



Consumer issues

Call **0800 028 0199** to access help now