

EmployeeCare

A hand holding a compass in a mountain landscape at sunset. The sun is low on the horizon, casting a warm glow over the scene. The background shows rolling hills and mountains under a clear sky. The foreground is filled with green grass and plants.

**Counselling,
support and
expert advice**

Feeling stressed? Struggling to sleep? Worried about money? All of us face challenges in our day-to-day lives. And it's OK to ask for help if you need it.

Call EmployeeCare for immediate support and advice. It's available 24/7, 365 days a year to help you with a range of issues affecting you at work and home.

FREE¹ to use for:

✔ All UK-based employees

Call **FREE** any time of the day or night ¹
0800 917 9330



Canada Life

What's included?

Confidential Counselling

- 1 Call our 24/7 helpline
- 2 Based on your call, a counsellor may recommend up to four counselling sessions (face-to-face or over the phone), **or**
- 3 Put you in touch with charities or support groups in your area

Expert Advice²


- ✓ Financial and legal telephone advice from an independent consultant
- ✓ Guidance on a range of issues like debt, buying your first home, tax and divorce


EmployeeCare Website and App

- ✓ Quickly contact a specialist for support on any issue
- ✓ 8000+ clinically verified articles and podcasts covering family, health, life, money and work

How to Access

 **Telephone**
0800 917 9330
Any time, day or night.

 **Website**
www.myemployeecare.com
Use the username **72221** and password **employeecare** to access the website.

 **App**
Download the mobile app from the Apple App or Google Play stores; simply search '**LifeWorks**' and look for the LifeWorks logo. Click 'Log in' and enter the username **72221** and password **employeecare** to access the app.

¹ Free for all service users as the Support Service costs are absorbed with the Group Insurance policy premium.

² Consultants are available Monday to Friday 8am to 8pm excluding bank holidays.



Our forms are available to download from our website: www.canadalife.co.uk/group/employeecare
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