

bright wellbeing & counselling

Sometimes it can be difficult to balance the pressures of work and home life. Bright Wellbeing & Counselling provide caring support to both you and your immediate family so you can give your best in life.*

UK: 0800 023 4742

ROI: 1800 200 697



Free 24/7 Confidential Support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgmental manner.

What can I use this service for?

- | | | |
|------------------------|-----------------------|-------------------|
| Family issues | Financial information | Legal information |
| Medical information | Relationship advice | Housing concerns |
| Alcohol or drug issues | Childcare support | Stress & anxiety |
| Low mood | Domestic abuse | Retirement |
| Consumer issues | Tax information | Bereavement |

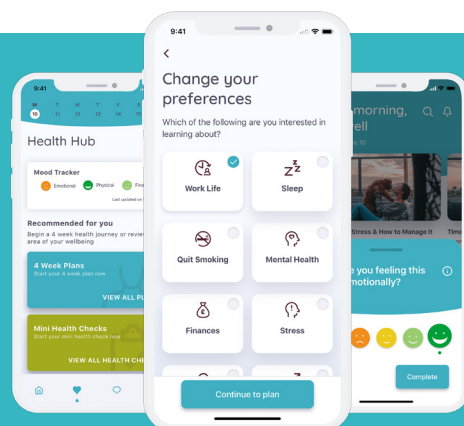
Online Health Portal: healthassured.eap.com

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|---------------------|--------------------------|-------------------|
| BrightTV | My Healthy Advantage app | 4 week programmes |
| Nutritional advice | Health checks | Fitness advice |
| Financial wellbeing | Medical factsheets | Budgeting |

Bright Wellbeing & Counselling is powered by Health Assured.

- Username is: **BrightWellbeing**
- Password is: **Wellbeing123**

Download the My Healthy Advantage app now:
Unique code: **MHA100410**



*Dependents must be in full time education, aged 16 to 24, living in the same household.