



# Employee Assistance Programme

Working together with

Care first



# The EAP is available 24 hours a day, 365 days a year.



**0800 015 5630**

Calls to this number are free of charge from UK landlines and mobile phones

**Overseas (+44)1452 623368**

Calls to this number from an overseas location are not free of charge from a landline or mobile



**eap-carefirst.com**

Username: lifestyle1234 Password: carefirst



**Download the Thrive Mental Wellbeing app**

Mobile data charges may apply. See the terms and conditions and privacy policy in-app before signing up. See your employer for the access code.

**Calls are confidential unless Care first believe there is a risk of serious harm to anyone and they may take appropriate action if needed. These are non-contractual benefits that Aviva can change or withdraw at any time. The EAP service is provided by Care first.**

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