

Stress counselling helpline

Support when you
need it most

From time to time we all experience stressful situations, which can make you feel overwhelmed. A call to the Stress Helpline, provided by Care first, could help you deal with whatever it is that's concerning you.

Counsellors are on hand 24 hours a day, and are able to support with any emotional issue, confidentially. There are no limits to the number of times you can access support.

Call 0800 015 5632

This is a non-contractual benefit for members covered by Group Critical Illness and Group Life schemes aged 16 and over. It can be withdrawn at any time without notice.

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