

# A **chat** is as good as a rest

**The Stress Helpline is available through your employer's Group Protection policy and offers you the chance to talk in confidence to trained counsellors about issues you feel are troubling you.**

**Whether the things on your mind are personal or work-related, the helpline provided by Care first can be a good place to find help. Talking and sharing can be the first step in helping to work through problems and resolve them.**

This service is a non-contractual benefit Aviva can change or withdraw at any time.

Available to members aged 16 and over who are covered by a Group Critical Illness or Group Life policy. To be eligible for this service you must be a permanent resident of Great Britain, Northern Ireland, the Channel Islands and the Isle of Man.



Stress can develop when you feel you're having difficulty with the demands and expectations you face. This is where the Stress Helpline can provide support. It offers advice on all types of situations that can lead to stress, from money to family to relationships and everything in between. You have the chance to speak confidentially to accredited counsellors, any time of the day or night, any day of the week.

**Simply call 0800 015 5632.  
Lines open 24/7.**

**Calls are free and completely confidential with no limit to the number of times you can call. For your protection and ours, calls are monitored/recorded.**

Aviva Life & Pensions UK Limited. Registered in England No 3253947. Aviva, Wellington Row, York, YO90 1WR. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Reference Number 185896. Member of the Association of British Insurers. The Stress Helpline is not an insurance product and is not authorised or regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

GR06044 08/2024

 **AVIVA**