

## Wellbeing Library

# Take a **leaf** from an expert's book

Stress and worry can take a toll on wellbeing, wherever it comes from. The Wellbeing Library is available through your employer's Group Protection policy and is an online library of useful content, hints and tips - including guides and tools. In the Wellbeing Library, you'll find sections offering helpful support on all kinds of situations, from family and relationships, money or work, to mental or physical health conditions. Whatever's on your mind, you can find information to help you deal with it.

The Wellbeing Library is a non-contractual benefit Aviva can change or withdraw at any time.



## Your one-stop shop for advice and information

The Wellbeing Library holds a wealth of information on many different subjects, from financial wellbeing to family matters, from cancer support to bereavement advice. It also gives you access to a number of guides and resources to help you live a better life. It takes Aviva to help you live your best life.



- ✔ **Money's all right to mention** - Stress and worry can take a toll on wellbeing and, for many of us, that can come from our financial situation. Because of this, we have a financial wellbeing section in the library, giving you a single place where you can read articles on financial matters written by experts in the field.
- ✔ **Ready to help with family problems** - Family troubles can have a tremendous impact on your mental, physical and financial wellbeing. Because of that, we offer useful articles and links to third party organisations on a range of family matters, including separation, divorce and domestic abuse.
- ✔ **Get help with mental health issues** - If you're worried about your mental health or that of people close to you, you can find information and articles in the Wellbeing Library to help you. From useful advice to guidance on where to get help, the library can help you take steps to improve your situation, whatever it may be.

For more information on the Aviva Wellbeing Library visit  
[aviva.co.uk/gl-wl-flyer](https://aviva.co.uk/gl-wl-flyer)

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