INTERNATIONAL EMPLOYEE ASSISTANCE PROGRAMME

Balanced living relies on total wellbeing. It is important to recognise when situations create an unhealthy amount of stress, distraction, or worry. Before any work or life issue becomes a larger problem, or for support when you're facing difficulties, contact the service for free, confidential counselling and information.

Live assistance is always available.

As an employee, you and your family have access to free, confidential assistance with any work, personal, or family issue. Any time, any day, you can contact the service for live assistance including: short-term professional counselling, in-the-moment telephonic support.

We are here to support you.

Professionals are ready to assist you with any issue that matters to you and your family.

Topics include, but are not limited to:

- Improving family communication
- Harmony between work and home life
- Managing life changes
- Handling stress
- Surviving the loss of a loved one
- Managing anxiety and depression
- Substance use
- Bullying and harassment
- Managing workplace pressure
- Couples' support
- Parenting
- Caring for an elder

The service is confidential.

Employee support is provided by Cigna, an organisation staffed by professionals who are completely independent of your employer. Cigna is bound by professional standards regarding confidentiality, and does not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.



You're supported worldwide.

- Available 24 hours a day, 7 days a week, 365 days a year
- Access available worldwide by phone, email, or web
- Access to 6 face-to-face sessions with a counsellor
- Provides information and counselling on any work, personal, or family issue that matters to you
- No cost to you to use the service
- Support available in your language

Access is easy.

No matter when, no matter where, you have free, confidential support by phone, e-mail or web. Call or log on to get started.

Direct Dial:

+44 208 987 6230

Contact your international operator and request that the charges be reversed, or dial us direct and we'll call you back.

Website:

www.cignaenvoy.com

E-mail:

support@resourcesforyourlife.com

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Global Freephone List

If you're calling from:	Dial this number:
Argentina	0800 666 0749
Australia	1 800 023 289
Austria	800 67 7611
Bahamas	1800 389 0475
Bahrain	800 19 808
Belgium	0800 819 05
Bermuda	1877 234 1677
Brazil	0800 892 3919
Canada	877 847 4525
Chile	800 395 011
China	400 920 3300
Colombia	01800 913 3823
Costa Rica	0800 032 0044
Czech Republic	800 488 404
Denmark	808 20 036
Egypt	0800 000 0083
Estonia	800 0100 432
Finland	0800 915 905
France	0800 914 821
Germany	0800 180 2587
Greece	800 848 1696
Guam	1 877 301 4773
Hong Kong	800 906 140
Hungary	800 8 0341
Iceland	800 9698
India	000800 050 3110
Indonesia	001 803 015 205 5586
Ireland	1800 490 390
Israel	1 809 494155
Italy	800 783 713
Japan	0800 100 0074
Jordan	0800-229-88
Kazakhstan	8 800 333 2647
Korea, Republic of	00 308 13 2099
Kuwait	+44 12 8722 1871

If you are calling from:	Dial this number:
Lebanon	01-426-801 then 833 318 0670
Lithuania	8 800 30455
Luxembourg	800 8 0925
Malaysia	1 800 816 193
Mexico	800 099 0434
Netherlands	0800 450 0021
New Zealand	0800 452 908
Norway	800 10 233
Oman	+44 12 8722 1871
Peru	0800 556 53
Philippines	1800 1118 0004 & 1800 8483 8393
Poland	0 0 800 111 3815
Portugal	800 180 031
Puerto Rico	1 877 847 4515
Romania	0 800 895 946
Russian Federation	8 800 100 6293
Saudi Arabia	800 850 0235
Singapore	800 130 1950
Slovakia (Slovak Republic)	800 04 2410
South Africa	0 800 991 666
Spain	900 838 439
Sweden	020 889 233
Switzerland	0800 557 747
Taiwan	00801 14 7148
Thailand	001 800 852 8403
United Arab Emirates	800 0357 04 696
United Kingdom	0800 243 458
USA	1 888 851 7032
	1 877 857 2952 (Minor Outlying Islands)
Uruguay	000 405 4492
Virgin Islands (U.S.)	1 888 851 7032

Direct Dial: **+44 208 987 6230**

E-mail: **support@resourcesforyourlife.com**

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