Whatever's on your mind, call us free and confidentially **Inspire Workplaces** is the new name for Carecall/EAP Consultants

0808 800 0002



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You can contact us by email: UK - workandstudy@inspirewellbeing.org









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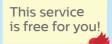
It still helps to talk

Same service. same people, new name!





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At one time or another we all experience difficulties that can leave us feeling overwhelmed

Issues at work, relationships worries, family pressures, bills pilling up, they can all make us anxious and reduce our sense of purpose and wellbeing.

Sometimes just talking to friends or family can help but other times it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

That's where we come in. We are Inspire Workplaces.

Your employer has selected Inspire Workplaces as an independent source of support. This service is free to you. Take the first step, lift the phone, and contact Inspire Workplaces to talk to someone who can help you to access specialist support and information.

You can call anytime (24/7, 365 days a year)

Inspire Workplaces is the new name for Carecall/EAP Consultants



For free, confidential and immediate support call



0808 800 0002

We are committed to protecting your confidentiality and anonymity.





Inspire Workplaces wellbeing at work

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