

Your Assistance Programme

A 24/7 helpline from Health Assured. Wellbeing and mental health support to get you through life's issues, problems, and worries.

Free 24-Hour Confidential Helpline

0800 047 4097



Your healthy advantage

Registered Office: The Peninsula, Victoria Place, Manchester, M4 4FB
Registered in England. No 6314620

Pop out this card for future use.

Your Assistance Programme

It's not easy to balance the pressure of work, home life, and any other personal issues that you may be experiencing. Health Assured provides support and guidance for you and your immediate family.*

What can I use this service for?



24/7 confidential support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.



Your Assistance Programme

- Stress & anxiety
- Debt
- Work
- Addictions
- Relationships
- Legal

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RealWorth code MHA016219

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*Health Assured define immediate family members as spouse/partners and children aged 16 to 24 in full-time education, living in the same household.