

We're here for you – whenever you need us

Introducing your new Employee Assistance Programme! Free, confidential and impartial guidance and support.

We all know that life can be challenging at times. That's why your Lyra Wellbeing service is available 24 hours a day, 365 days a year to help you and your family with anything that's troubling you.



Your Employee Assistance Programme (EAP) provides:

- Counselling for emotional and psychological support
- Practical guidance and support on legal, financial, family, and work matters
- Online health and wellbeing resources

Download the Hub app in Google Play or the App Store for easy access to all your Lyra Wellbeing services, as well as an extensive library of wellbeing articles, videos, and resources.



Scan the QR code or follow the link to access the Hub using your company code.



Access the Hub online: <http://app.lyrawellbeing.health>

Your company code: **SAP**