

Whatever's happening in your life, we can help

Looking after your mental health while managing your private and professional life, your Employee Assistance Program (EAP) is here for you and your immediate family. Our confidential and caring professionals are on hand 24/7, 365 days a year, to support and guide you when you need it most.



Family and relationships



Wellbeing



Mental load and stress at work



Personal Development



Financial worries



Unhealthy habits

No matter the reason, Lyra Wellbeing is always:

Free

There's no fee for the EAP support, from counselling to life coaching. In case of referrals to the outside you will be advised of the costs beforehand.

Confidential

Any information remains 100% confidential and private, unless we believe yours or others safety is at risk. You don't even have to give us your name – just refer to SAP as your employer.

Whenever you need

At any time of the day or night, you or your family can contact us. A counsellor will work with you to understand how the EAP can assist you in coping with your challenges



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

Get in touch online: <https://app.lyrawellbeing.health>

Your company code: SAP

Call: 0800 088 5484

Out of country: +44 203 727 0697

