



St Monica Trust

Your Employee Assistance Programme

We Care by Canada Life

We all need some extra support from time to time. Whether it's dietary or lifestyle advice, mental health support, a medical second opinion, quick access to a GP, support with financial issues or other reasons. You and your immediate family can access this **free** and **confidential** service run by Canada Life:

Tel: 0800 917 9330

wecare-cl.com

Unique access code: **H30174 -1225**



**Well-being
and Healthy**



**Mental
Health**



Health



**Financial
and Legal
Support**

canada  life