

Unum's Employee Assistance Programme

Helping in every area of your life when and where you need it

Life, money and wellbeing support when and where you need it

Unum's Employee Assistance Programme (EAP), provided by LifeWorks, is a toolkit of personal and professional resources that you can use everyday to make life better.

Whether you have a simple question or a complex concern, the service is here to help you and your family with practical information and advice covering a range of topics affecting **health, family, money matters and work**.

Easy to access and **confidential** support is available for you and your immediate family members.

Download the Unum LifeWorks app for [iOS / iPhone](#), or [Android](#).

Call 0800 048 2702
unum-uk.lifeworks.com



Resources you can tap into

Easy Access

This is easy to access and confidential. It is available at no cost to you and your immediate family members 24 hours a day, 7 days a week, 365 days a year (available to employees based in the UK and Republic of Ireland only).

Mental Wellbeing Support

Speak to a caring professional counsellor, on matters affecting your emotional wellbeing including relationships, bereavement, stress and anxiety (available to employees only, except as part of couples counselling).

Referrals to local child and elder care resources

Provide a brief of your child or elder care needs and a consultant will carry out a search on your behalf and recommend available options.

Life Event Resources

Practical information and advice on issues ranging from parenting and work matters, through to debt management and healthy eating.

Resources you can tap into

Personal Legal Support

Access to in-depth help and information on any legal issues including:

- Consumer Advice
- Debt Advice
- Financial Law
- Motoring Offences Disputes
- Wills and Probate
- Criminal Law
- Family Law
- Medical Law
- Neighbour
- Personal Injury

Legal support consists of 1 consultation per issue per year (available to employees only).

Wellness Content

Articles, podcasts, toolkits and infographics covering a variety of topics such as financial wellbeing, resilience, mindfulness and much more.

Perks and Savings

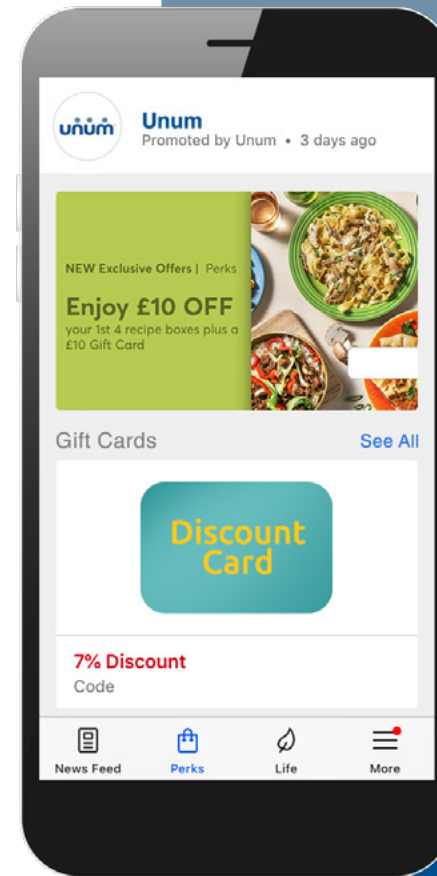
Digital gift card discounts, online cashback, in-store and online coupons, and exclusive lifestyle offers including savings on cinema tickets.

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1800 937 351 (Republic of Ireland)

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Unum's Employee Assistance Programme, provided by LifeWorks, is a value-added benefit service which connects the employees of Unum customers to third party specialists who can help with life, money and wellbeing issues. Access to the App and the service is facilitated at no cost by Unum. Unum is not the provider of the service, but retains the right to withdraw or change the service at any time.

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