



Supporting your **wellbeing**

Employee Assistance Programme

Whatever's on your mind, call us
free and confidentially, 24/7, 365 on:

0800 389 5362

Email us at:

workandstudy@inspirewellbeing.org

For tailored wellbeing support tools and
resources, visit: **inspiresupporthub.org**

For details of the GDS PIN, please contact the SPPG

Directorate of Integrated Care.

