

## Staff Support

SAS -0800 783 3500 - A Clinician Led Medical & Well-Being Service - includes Stress Awareness Sessions, Physiotherapy, Health Screening Days, Counselling, Weight Management, Menopause Support and GP Consultations.



ESP – 0845 403 1037 – Free, confidential medical and well-being support – includes counselling, physiotherapy and a 24 hour GP helpline



EAH - 24/7 service - 0800 328 1437, email, web or text

