Your Assistance Programme

A 24/7 helpline from HA | Wisdom Wellbeing. Mental health and wellbeing support to get you through life's issues, problems, and worries.



Free 24-hour confidential helpline

0800 028 0199





Your trusted wellbeing partner

Your Assistance Programme

It's not easy to balance the pressure of work, home life, and any other personal issues that you may be experiencing.

HA | Wisdom Wellbeing provides support and guidance for you and your immediate family.*

What can I use this service for?







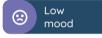
















24/7 confidential support

Your call will be handled by an experienced therapist or advisor, who will offer support in a friendly, non-judgemental manner.













Your Assistance Programme

- Stress & anxiety
- Debt
- Work
- Addictions
- Relationships
- Legal

Free 24 hour confidential helpline

0800 028 0199

Download Wisdom now





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