

# Help@hand

from unum

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ACCESS EMPLOYEE ASSISTANCE  
PROGRAMME SERVICES  
DIRECTLY VIA TELEPHONE

24/7 freephone helpline for  
support anytime – day or night

You can call for practical and emotional  
support including:

- + Finding services including local resources
- + Locating appropriate healthcare professionals
- + Life events, such as information about buying a home

For those everyday questions or worries,  
so small issues don't turn into bigger ones

Call confidentially on  
**08083 043 699**

[unum.co.uk](https://unum.co.uk)

Help@hand is a virtual, value-added benefit service which connects the employees of Unum customers to third party specialists who can help manage their health and wellbeing, and that of their family. Access to the app and the service is facilitated at no cost by Unum. Unum is not the provider of the Help@hand service, but retains the right to withdraw or change the service at any time.

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