



# LIFE CAN HAVE ITS UPS and DOWNS

**We can help with the downs  
and put the ups back on top**

Your mental health and wellbeing is important to us. Did you know that you and your families have exclusive access to our free Employee Assistance Programme offering a range of free confidential support services?

We support anyone who is associated with our Industry.

If in doubt just give us a shout! Our support services are here for you.

**An Industry Charity that's just for you.**

## Access Assistance

☎ **0800 652 1618**  
✉ [support@electricalcharity.org](mailto:support@electricalcharity.org)

☎ 0203 696 1710  
✉ [business@electricalcharity.org](mailto:business@electricalcharity.org)  
f [facebook.com/electricalcharity](https://www.facebook.com/electricalcharity)  
t @electriccharity

