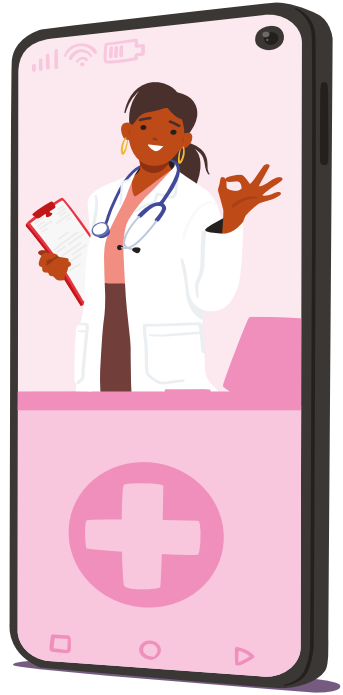


# Friendly GP+ National Friendly

## Need to talk?

Our Friendly GP+ service gives you access to counselling support for personal and work issues

Talk in confidence with one of our qualified team members, or access online resources for issues that may be affecting you in your personal or work life.



Call us on: **0800 987 4255**

Or from outside the UK on: **+44 141 271 7529**

Join us online at:

**<https://wellbeing.hub.healthhero.com>**



Select "New account" and when prompted, please enter:

Username: **National Friendly**

Password: **Support**

Please turn over to read more about our Friendly GP+ service →

## Your Friendly GP+ gives you access to:

**Counselling:** Talk to someone in confidence about a concern in either your personal or work life. You can call the helpline or book a callback via the Wellbeing Hub (see details below).

**Legal information:** Personal law matters, including consumer, property, family and motoring law.

**Manager Support:** Advice for managers assisting their teams through any difficulties.

**Money & Debt:** From budget planning and debt management to rent arrears or carers allowances. If you want help to regain control and understand your options, call and ask to speak to a money advisor.

**Health & Wellbeing:** Information and guidance on themes such as sleep, diet or exercise to improve your day-to-day wellness.

**Information:** The Wellbeing Hub provides information on a wide range of mental health and wellbeing topics. Monthly newsletters, articles and short videos providing ways to improve your day to day wellbeing, plus links to other helpful resources.

- Book a call with a counsellor
- 'Living Life To The Full' online Cognitive Behavioural Therapy (CBT)
- Monthly newsletters
- Live chat

## The service is completely confidential

*Confidentiality may only be broken in a situation where you or someone else is in danger.*

Please visit the FAQ pages on the Wellbeing Hub for more information.

**Debt service:** Mon - Fri 8am - 8pm; Sat 9am - 3pm

**Health & Wellbeing service:** Mon - Fri 8am - 8pm

For training and compliance purposes, calls may be monitored/recorded.