



Who are PAM Assist?

Talk to PAM Assist for **free and confidential** health and wellbeing support, available **24/7**.

We're here for you **whenever** you need support.



Need to talk?

PAM Assist can support you as an individual but also as a line manager.
Call **0800 247 1100**, email **counsellingteam@pamassist.co.uk**
or login to our portal **pam-assist.co.uk** with code **GCC**



Support is available for:

The topics PAM Assist helps deal with include;

- Abuse
- Addiction
- Anxiety disorders
- Caring for relatives
- Divorce
- Drug and alcohol abuse
- Emotional support
- Family conflict
- Funeral arrangements
- Infertility
- Living with long term illness
- Losing a loved one
- Mental health issues
- Miscarriage
- Relationships
- Retirement planning and support
- Separation
- Stress/anxiety
- Support following a bereavement
- Support following an accident
- Telling the family
- Terminal illness
- Trauma care
- Understanding the diagnosis

This list is not exclusive and the Helpline staff can deal with other issues as required

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PAM Assist App – at a glance

Positively influencing and empowering users to take responsibility for their wellbeing and supporting stressed and scattered teams working from home.

Stepping Stones

An easy way to set goals, track progress and develop lasting, healthy habits.

Mind Matters

Your mindfulness hub – relaxation tools to help you find your calm.

Move Medicine

Your virtual gym to keep you fit and active, via guided workouts.

Guided, interactive courses

Multi-step courses for specific goals, designed by our in-house team of wellness experts.

Hundreds of expert resources

Benefit from our extensive media library of articles, videos, and podcasts.

Your unique PAM Assist Score®

Track your wellness journey with your unique PAM Assist Score®, generated by a thorough course of assessments developed by the professionals.



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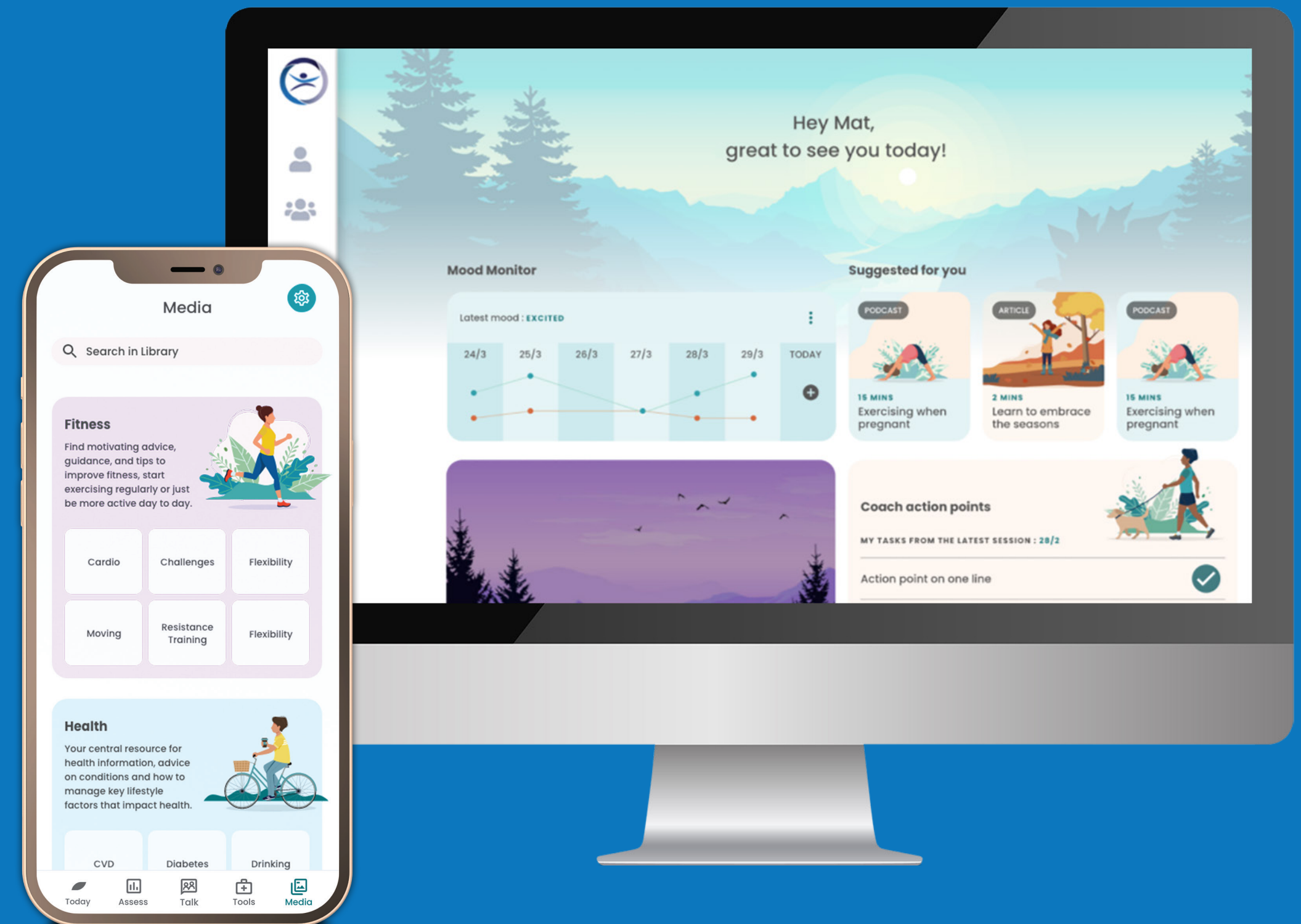
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