

FREEPHONE COUNSELLING AND ADVICE LINE

making a healthy difference

Need some friendly advice?

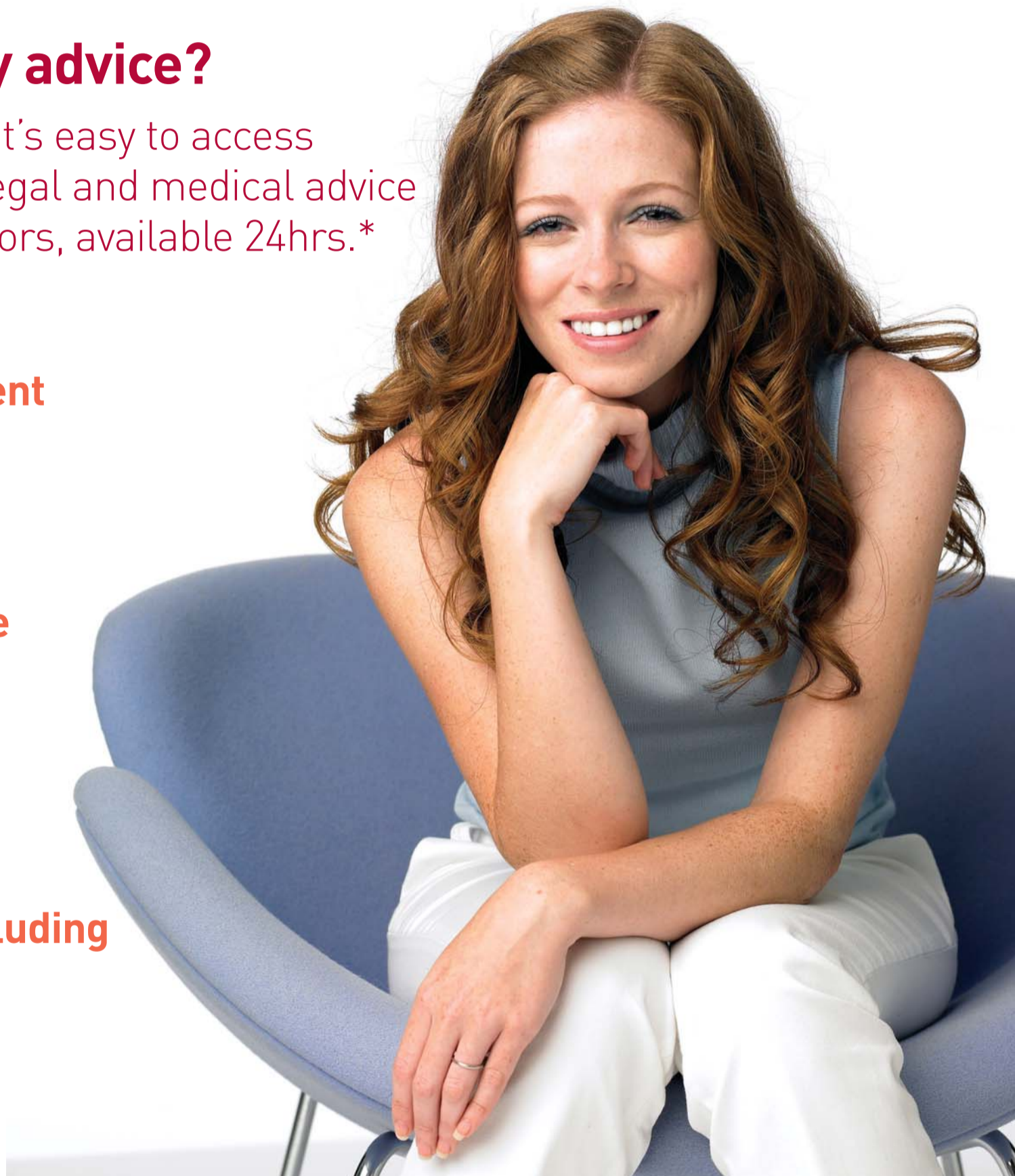
With your Foresight cover it's easy to access confidential counselling, legal and medical advice from fully trained counsellors, available 24hrs.*

Whether you're...

- Coping with bereavement
- Dealing with debt
- Feeling stressed
- Needing medical advice

...and much more!

Plus, if your counsellor recommends it you can have up **to 6 face to face counselling sessions, including Cognitive Behavioural Therapy (CBT)**



NP 03/10 P0139V1

To access this service...

FREEPHONE: 0800 092 0987

Quoting your scheme number

westfieldhealth.com

* The 24 Hour Counselling and Advice Line is provided on behalf of Westfield Health by the FirstAssist Group Ltd. The Medical Helpline provides general guidance only. This is not an emergency service and will not provide diagnosis or prescribe treatments.

** This number confirms your eligibility to use the service and does not in anyway identify you as an individual.

westfield health