



How are  
you feeling  
today?

Access counselling  
support for personal and  
work issues

- Counselling Support
- Signposting to Specialist Agencies
- Wellbeing Hub Resources
- Health & Wellbeing Support
- Legal Information
- Money & Debt Support



**0800 3 58 48 58**

Outside UK:  
For online support join:  
Username:  
Password:

+44 141 271 7179  
<https://wellbeing.hub.healthhero.com>  
NHSHighland  
EAPsupport