

# Looking for someone to talk to?

We're here for you



## Paycare Counselling and Helpline

We understand that from time to time you might need a little extra support with your everyday concerns. When you need somewhere to turn for confidential, impartial support, we're here for you.

The Paycare Counselling and Helpline can support you with a wide range of life events or circumstances including:

-  **Counselling**  
A safe place for you to explore your personal and work-related concerns, confidentially.
-  **Debt Support**  
Assistance is given in tackling financial difficulties, including budgeting, court action, dealing with multiple creditors and Individual Voluntary Arrangements (IVA)
-  **Legal, Tax and Money**  
Information and signposting on personal or work-related legal issues, as well as financial help and budgeting.
-  **Health and Wellbeing**  
Our team will answer your questions and provide information on health and wellbeing issues, medical concerns or vaccination requirements.
-  **Manager Line**  
Specialist support and guidance for managers and team leaders who might need extra help in handling challenging and sensitive issues in their team.
-  **Elder and Younger Care**  
Support and signposting relevant to those caring for an elderly friend or relative and parents with children.



### Contact Us

 01902 371 000

 [www.paycare.org](http://www.paycare.org)



**Paycare**  
Everyday Health Cover since 1874