

SUPPORT TO ACHIEVE YOUR BEST



We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics, just reach out and we can help!

Access is easy and confidential. No matter when, no matter where, you have free, confidential support via multiple channels.

Log in to the website to get all the information.

**Support is available 24 hours a day,
7 days a week.**



Freephone

0800 243 458



WhatsApp

+1 984 920 6875 **Message only**



Direct Dial

+44 2089876230



Website

<https://fhi.helpwhereyouare.com>

Company Code: FHI



Book in Appointment

Log on to your member website to schedule an appointment



iConnectYou

Download the app and register using the code: **278086**

For members covered by Freedom Health Insurance's policy.

Freedom Health Wellness Support

Support is provided by Workplace Options, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.