

# SUPPORT TO ACHIEVE YOUR BEST

This service offers you and your family support with any work or personal issue, including short-term professional counselling and connecting you to local resources to help you manage emotional, practical or physical needs.

## THE SERVICE:

- is free - no cost to you
- is confidential
- is available in your language
- is available 24 hours a day, 7 days a week, 365 days a year
- can be accessed in multiple ways



**FREEPHONE:**  
0800 180 2587

Mobile or internet based calls are not supported. Please consider another access method listed here.



**DIRECT DIAL:**  
+351 2 1454 2186

Dial us direct and we will return your call.



**EMAIL:**  
support@resourcesforyourlife.com



**WEBSITE:**  
[www.magellanhealth.com/global](http://www.magellanhealth.com/global)  
**COMPANY CODE:** aafes



**SMS TEXTING:**  
+44 790 934 1229

Standard text messaging rates may apply. When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.



**ICONNECTYOU**  
Download the app from the App Store (iOS) or Google Play (Android) and register using  
**COMPANY PASSCODE:**  
39813

**Magellan**  
HEALTHCARE<sup>SM</sup>

## EMPLOYEE ASSISTANCE PROGRAMME

Employee support is provided by Magellan Healthcare, Inc.. The organisation is staffed by professionals who are completely independent of your employer. 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 employer.