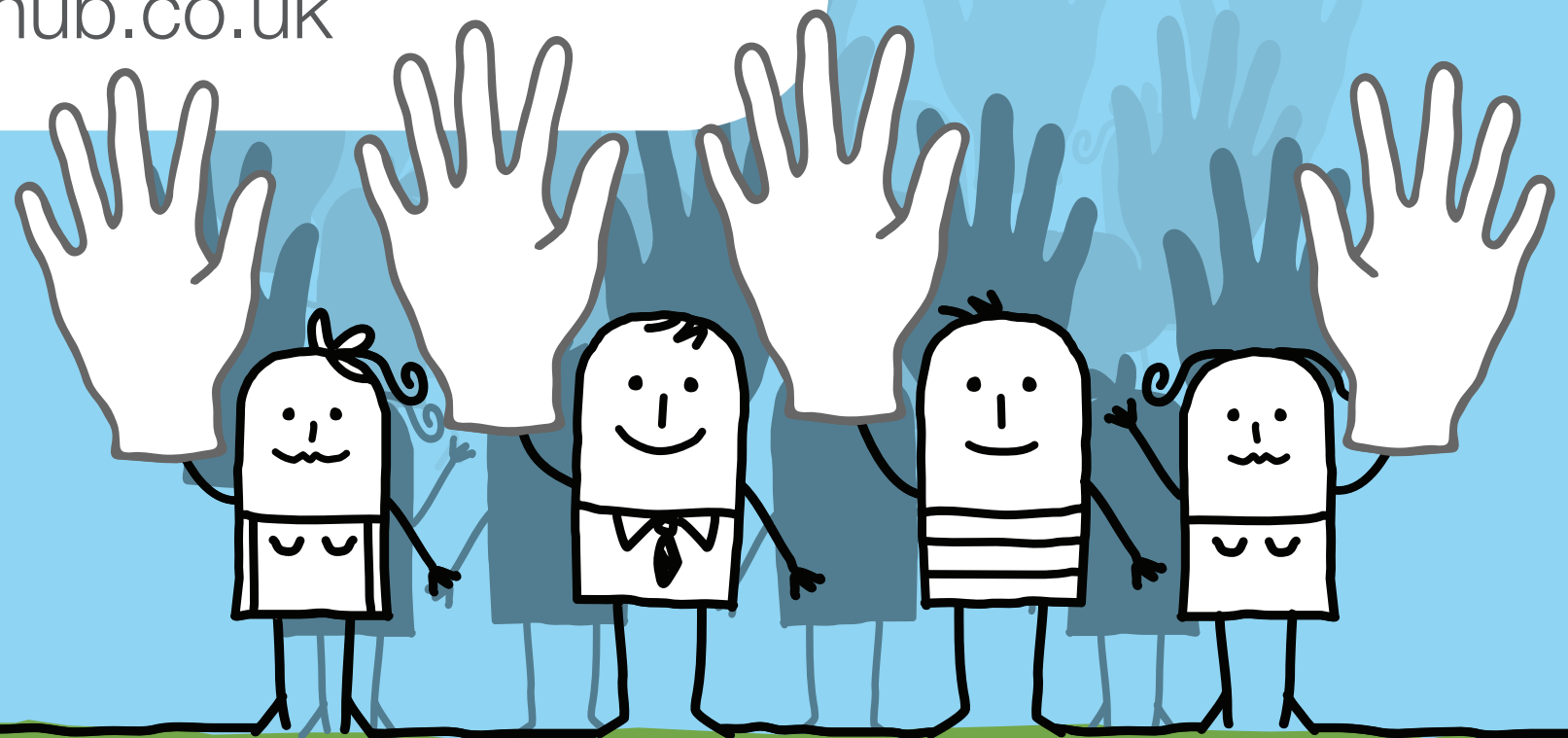


Always on hand

No matter what life hands you, we're here to help

0800 988 8809

www.hmap-hub.co.uk

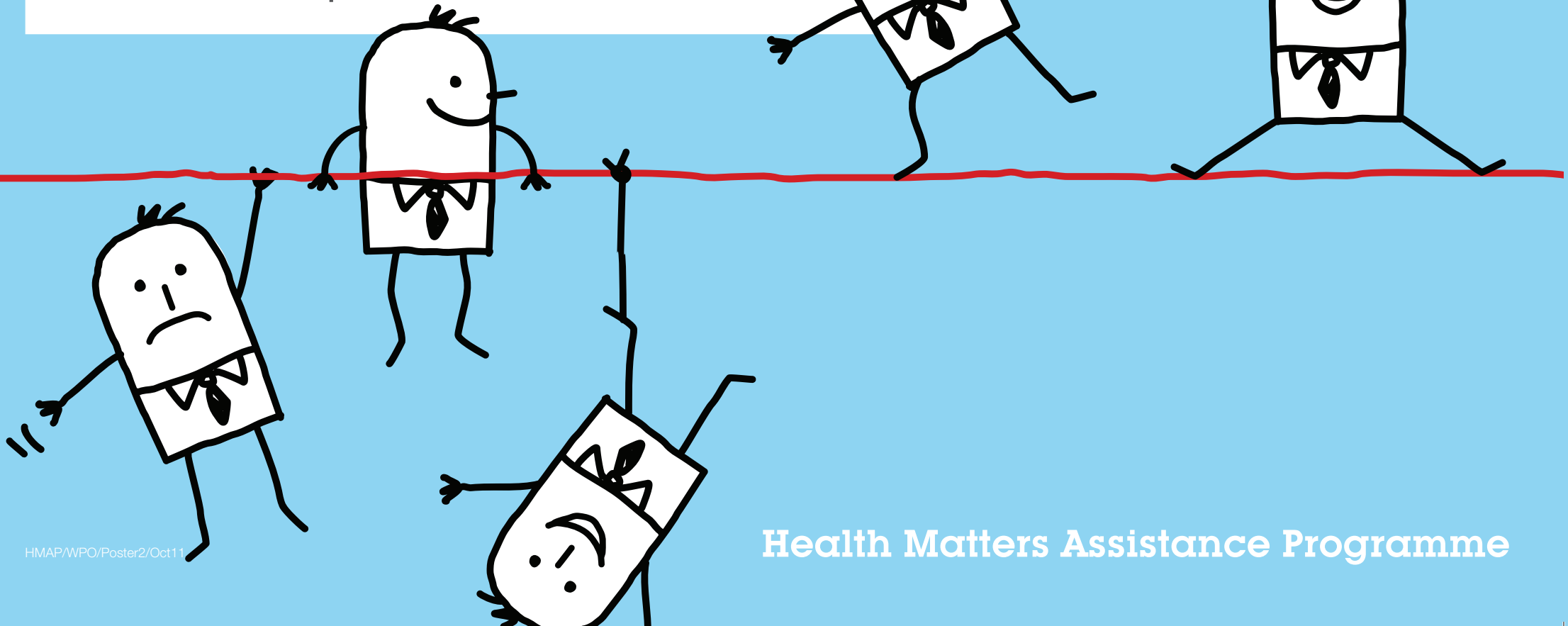


Work-life balance

Finding balance is always easier
when you have a little support

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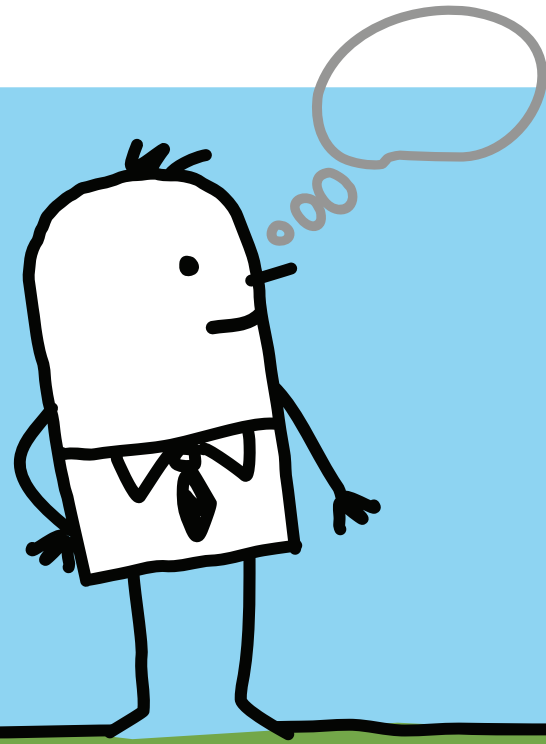


A lot on your mind?

You can always talk to the HMAP in confidence

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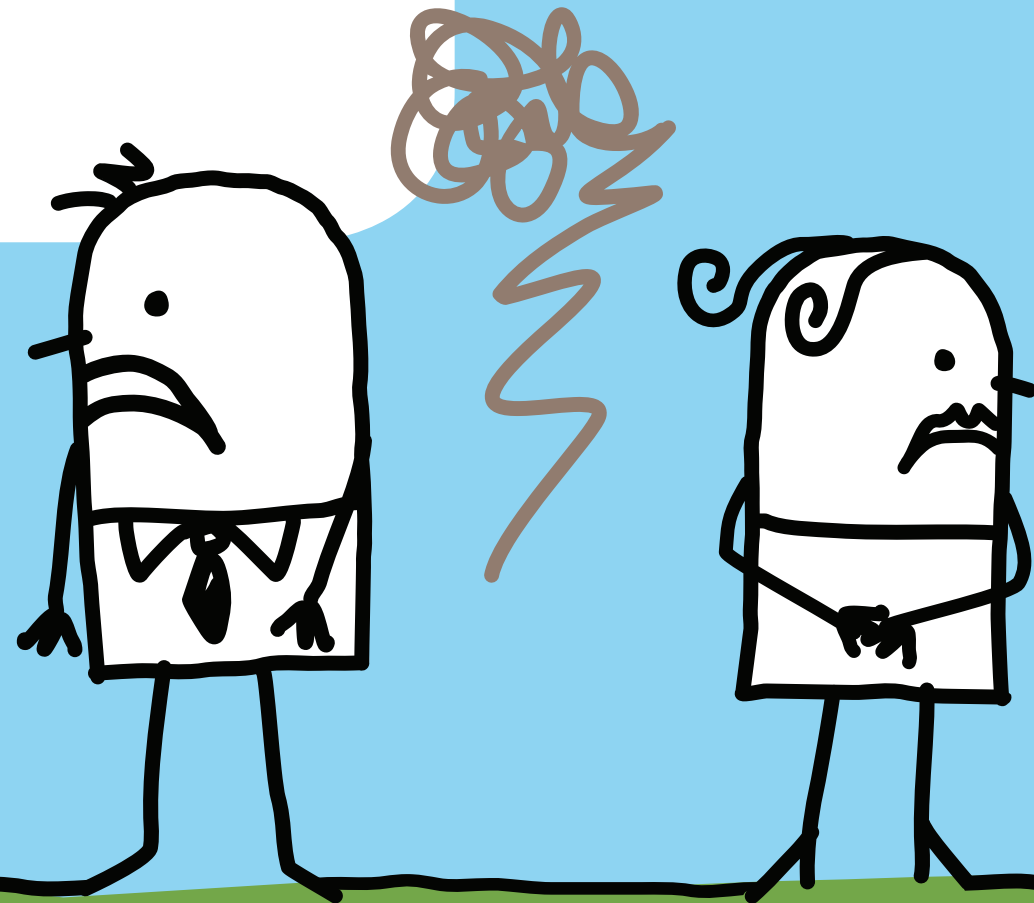


Relationship difficulties?

The HMAP is here for you,
offering advice and support

0800 988 8809

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Health Matters Assistance Programme

Does life feel like you're riding a rollercoaster?

The HMAP is here for you, offering advice and support

0800 988 8809

www.hmap-hub.co.uk



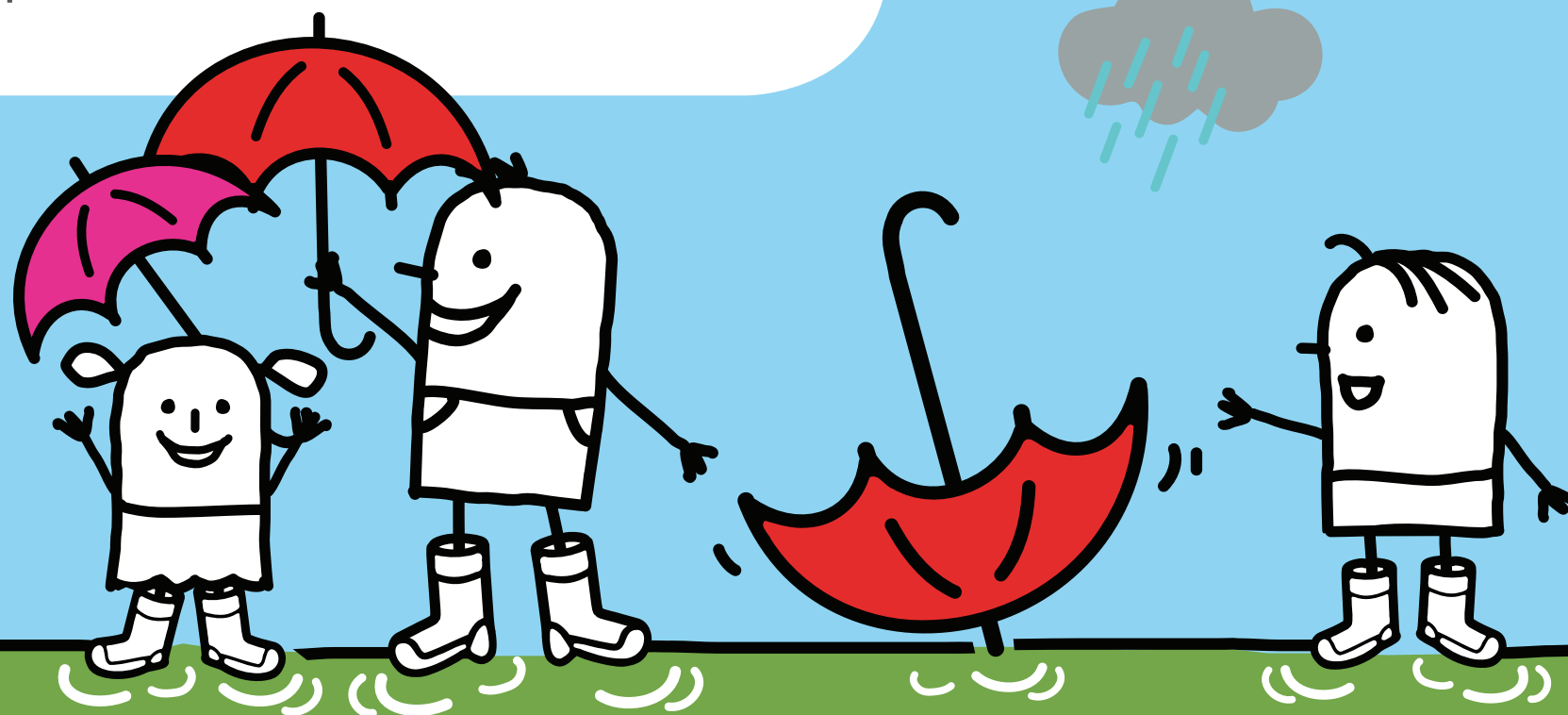
Health Matters Assistance Programme

Feeling under the weather?

Get health and wellbeing advice from the HMAP

0800 988 8809

www.hmap-hub.co.uk



Health Matters Assistance Programme