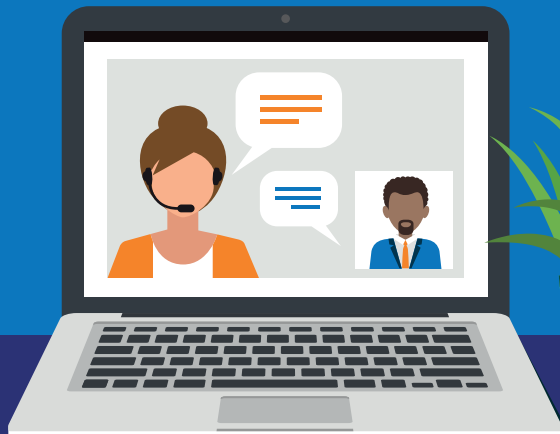


## Who are PAM Assist?

PAM Assist is a **free and confidential** life management and personal support service that is available to you **24 hours a day, any day of the year.**

### What support is available?

- One off support calls
- Face to face/video/telephone or e-counselling
- 6 sessions structured counselling
- Legal and debt support
- Online and app based wellbeing tools
- Wellness dashboard
- Live Chat on new portal
- Mood Tracker



### Need to talk?

**PAM Assist can support you** as an individual and as a line manager. To take advantage of this service, call **0800 247 1100** or visit the PAM Assist Portal or App: [pam-assist.co.uk](https://pam-assist.co.uk) - Sign up with organisation code **GCC**

## Support is available for:

### The topics PAM Assist helps deal with include;

- Abuse
- Addiction
- Anxiety disorders
- Caring for relatives
- Divorce
- Drug and alcohol abuse
- Emotional support
- Family conflict
- Funeral arrangements
- Infertility
- Living with long term illness
- Losing a loved one
- Mental health issues
- Miscarriage
- Relationships
- Retirement planning and support
- Separation
- Stress/anxiety
- Support following a bereavement
- Support following an accident
- Telling the family
- Terminal illness
- Trauma care
- Understanding the diagnosis

This list is not exclusive and the Helpline staff can deal with other issues as required



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