


# A listening ear, 24/7.

**Everyone needs a little support from time to time, so there's a free, confidential helpline you can call. Our specialist advisers can even guide you towards support for money management and legal issues.†**

Call us for a confidential chat, 24/7

**0800 269 616**

**1800 650 138** (ROI)

**+44 131 588 0321** (International)

**bupa.co.uk/eaponline**

Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.

†Information only services. Legal and financial specialist helplines will only provide factual information and signposting to help you make an informed decision and cannot provide regulated advice which would need to be sourced separately.

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