



**inspire**

wellbeing, ability, recovery

The **right** support  
at the **right** time

Whatever's on your mind, call us free  
and confidentially, 24/7, 365 on:

**0808 800 0002**  
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For tailored wellbeing support tools and  
resources, visit: **[inspiresupporthub.org](https://inspiresupporthub.org)**  
Contact your HR team for details.