## More than just income protection, it's "life" support

When your client insures their income with Holloway Friendly they know they are protecting their lifestyle should they not be able to work due to illness or injury. And to help keep their lives colourful, they have free and full access to our Member Assistance Programme 24 hours a day, 365 days a year.

This completely free service is provided by Care first. They employ professionals who are highly trained to quickly find what Members need and help them get control of their lives again.


Interpreter service in 150 languages


> All counsellors are members of and accredited to the British Association for Counselling and Psychotherapy (BACP)

Freephone number for counselling and advice 24 hours a day, 365 days a year

## Counselling

A professional real time counselling service that can provide immediate emotional support, advice and practical information on subjects like:

- Bereavement
- Child Support
- Relationships
- Domestic Violence
- Stress
- Elderly care and much more
- Divorce


## Advice

Members can receive advice and guidance on topics including:

- Debt Management • Employment
- Conflict
- Education
- Taxes
- Housing and much more
- Bullying and Harassment
- Health and safety


## Online CBT

Online Cognitive Behavioural Therapy is a 7 module programme designed to challenge the way we think and behave. Commonly used to help treat anxiety and depression, it can be used for other emotional and physical health problems. It is video based and therapist supported to help Members get the most of this therapy.

Authority. FRN 109986.

