



Zurich Support Service

Offering you more than financial cover



Zurich Support Service can help you and your family when it matters most

When facing life's difficulties, Zurich Support Service* can step in and help you find your way through them. It can help you find things you need and want to know about, for example:

- whether your mortgage payments are covered
- can your family pay the bills?
- how to get the best from the NHS
- putting you in touch with medical advisers, who in turn can help answer your concerns about an illness, treatment and support services available

... and much, much more.

Zurich Support Service is:

- available to you and your family
- bound by professional standards of confidentiality and disclosure of information
- staffed by a team of experienced advisers

Zurich Assurance Ltd.

Registered in England and Wales under company number 02456671.
Registered Office: The Grange, Bishops Cleeve, Cheltenham, GL52 8XX.

What's available

- A 24 hours a day, 7 days a week, 365 days a year freephone helpline
- Assistance with any work, personal or family related matter
- Professional consultation, short-term counselling, information, resources and referrals to further services in your local area e.g. childcare providers
- A confidential and independent service, available at no cost
- No limit to the number of times and topics for which you can get support on**

Daily Living

- Consumer rights
- Health and wellness
- Debt and money management
- Immigration and relocation
- Community resources

Personal

- Emotional well-being
- Managing stress
- Anxiety and depression
- Disability and illness
- Substance and alcohol misuse support
- Personal development and computerised cognitive behavioural therapy

Life Events

- Family planning
- Marriage and cohabitation
- Separation and divorce
- Moving home
- Bereavement and loss**
- Retirement

Work

- Work/life balance
- Bullying and harassment
- Workplace pressure
- Managing change
- Career development

These are just some of the topics you can get help and support with. Contact Zurich Support Service to get help with anything that matters to you.

* This service is provided to you by an independent support services company working closely with Zurich.

** Counselling is limited to 6 sessions per reason, after which you will be offered alternative support, if required.

Zurich Support Service is not part of your contract with Zurich Assurance Ltd, and we reserve the right to withdraw Zurich Support Service at any time without notice.



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