



Your wellbeing services



Home life support

If you're having trouble balancing your budgets, debt, or civil disputes, we have expert advisors here to offer the support you need.



Work-life assistance

Our work-life advice is dedicated to supporting you through professional issues, whether it be returning to work or coping with change.



Physical and emotional health

We have a range of resources aimed to support you both physically and emotionally, from managing anxiety to simple breathing techniques.



Wellbeing resources

We recognise the value of self-help tools, which is why we provide a range of wellbeing modules, factsheets, and invaluable video counselling.*



4-week health plans

Our 4-week plans are designed to support your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure.



Mini health checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



Health calendar

The health calendar raises awareness of different health concerns each month, awareness days, and how to prevent issues from arising.



Wellbeing videos

WisdomTV is a monthly series, featuring well-known personalities talking about their personal experiences with mental health.



Wisdom app

Wisdom is your guide to health and mental wellbeing. The brand-new features are designed to help track your wellness, improve your mental health.



*Clinical assessment will be needed, to help support expectations.

Download the Wisdom app

Unique code:





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