

24 Hr Advice & Information Line

Confidential help and advice on medical, legal and domestic issues:

- Support for emotional problems like stress, anxiety and depression
- Legal information on debt, consumer, property or neighbour disputes
- Bereavement support
- Practical information on health issues

Call **0800 092 0987** and quote your scheme number



Call as often
as you need

Access online resources including mood trackers, health checks and breathing exercises with the 'Wisdom' app



Structured Counselling

- Access up to 6 structured counselling sessions, if recommended
- These can take place online, over the phone or in-person

Login to My Westfield to make a claim, check your balances and manage your account.

westfieldhealth.com/my-westfield

Please refer to your Plan Guide for full terms and conditions.

Westfield Health is a trading name of Westfield Contributory Health Scheme Ltd and is registered in England & Wales company number 303523. We are authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Our financial services registration number is 202609. Westfield Health is a registered trademark. Registered address: Westfield House, 60 Charter Row, Sheffield, S1 3FZ.