

Counselling and Support service



Encouraging mental wellbeing

As we all go through life it is likely that we may go through times of feeling worried or perhaps just feeling down about things. Our Counselling and Support service is available 24 hours a day, 365 days a year, to support you and your family members deal with life's ups and downs.

Benefit from:



Unlimited phone support, available 24 hours a day, 365 days a year



Confidential live chat support from our counsellors

Chat online to counsellors at a time and place that works for you.



Up to five face-to-face counselling sessions

Up to five face-to-face sessions, where clinically appropriate following an assessment from our mental health team.



Everyday matters support and guidance

Support and information on a range of everyday matters, such as financial, legal, consumer, housing issues and family care, encompassing childcare, eldercare and disability issues.



Online portal access

A wealth of up-to-date tools, information, guidance, and accessible support online.

How to access

To speak to somebody

Call PHC's dedicated Counselling and Support service line on **0800 316 1213**

To access the online portal

Visit axabesupported.co.uk and input the username and password found in your Membership Handbook.

Good to know

- This is a completely confidential and impartial service and you and your family members can use it as often as needed.
- For more details on the service, please refer to your Membership Handbook.

The Permanent Health Company Limited

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