

# Help is a call away



**Health Assured offer a free confidential counselling service with unlimited use for CUH staff.**

**Available 24 hours a day,  
7 days a week.**

**Call: 0800 783 2808**

Visit the online portal: **[www.healthassuredeap.co.uk](http://www.healthassuredeap.co.uk)**

Or download the free app on android or Apple devices by searching for 'Health e-hub' in the app store.

**Username: CUHEAP Password: Cambridge1**

**Speak to a trained professional on any area of concern, such as family, financial worries, work, relationships and physical or mental health.**