

A helping hand  
can make a  
huge difference

## Life & Progress




**We have partnered with Life & Progress, an independent mental health and wellbeing provider, to launch a free, confidential and independent mental health and wellbeing service.**

You can access practical information, resources, and counselling to help you balance your work, family and personal life.

Help is available no matter when or where, anytime, any day. Support is just a telephone call away or online at [www.tsws-assist.co.uk](http://www.tsws-assist.co.uk).

There is no limit to the number of issues you can gain support on and there is no cost to use the service.

 **Support and advice when you need it 24 hours a day, 365 days a year**



Advisors are available to help you to get help and advice quickly, and signpost you to the most appropriate support, including counselling or access to legal, financial, childcare and consumer expertise.



**Tackling stress and anxiety**



**Parental challenges**



**Health and wellbeing advice**



**Around-the-clock support**



## Telephone counselling

If you feel that you are starting to struggle or finding a situation difficult, contacting the service as soon as possible can help you before matters become more serious.

The service can offer support to help you cope successfully with life events, helping you stay happy, healthy and fully focused on life and work.

## Issues covered

You can get support and information on a wide range of work, family and personal issues, including but not limited to:

- Health and wellbeing information
- Mental health and wellbeing
- Relationships
- Family matters
- Managing debt
- Workplace issues
- Your rights as a consumer
- and much more....

## Your MyMindPal

MyMindPal, your mental fitness app, will help you handle life's daily challenges, providing a safe space for you when life gets on top of you.

If you are using an Android device, open the "Play Store" app and search for "mymindpal".

If you are using an iPhone, go to the "App Store" and search for "mymindpal". Once you have found the MMP App, install and then open it, then simply click the "Get Started" button.

Your App access code is **PHG22LP**  
This will be required when registering.



**Life & Progress**

**Freephone**  
**0330 094 8845**  
Call us today in confidence



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## Accessing the service

You can use the service at any time simply by calling freephone 0330 094 8845 or visiting [www.tsws-assist.co.uk](http://www.tsws-assist.co.uk).

A trained advisor will talk through what is happening and help you to decide on your next steps. Sometimes this may be more specialist support, access to an expert, or counselling, and your advisor can help organise this for you.

[www.tsws-assist.co.uk](http://www.tsws-assist.co.uk)

Username: **progressgroup**

Password: **tenant**