

# Validium provides support 24/7 over the Winter Holidays

[validium.com](http://validium.com)



**Support for emotional concerns**



**Guidance about a healthy lifestyle**



**Information on managing your money**



**Support with childcare/eldercare issues**

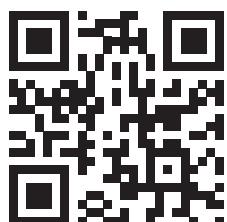


**Help with legal matters**



**Manager Support Helpline**

Remember you can call Validium for support on a variety of issues  
– or go online at [validium.com](http://validium.com) to check out vClub



**0800 3 58 48 58**

Outside UK: +44 141 271 7179

For online support join vClub at [validium.com](http://validium.com)

Username: NetworkRail

Password: onlinesupport



Confidential Service

**validium®**  
INCREASING WORKFORCE VALUE