

# Happy New Year!

validium.com

Your EAP is here to support you throughout 2020



Support for emotional concerns



Guidance about a healthy lifestyle



Information on managing your money

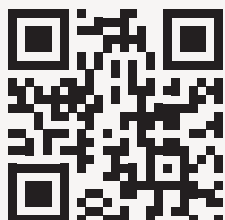


Help with legal matters



Manager Support Helpline

Remember you can call Validium for support on a variety of issues - or go online at [validium.com](https://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](https://validium.com)

Username: **NetworkRail**

Password: **onlinesupport**

**NGT Service:** 18001 + helpline number or download NGT Lite App.  
Ensure your device is connected to WI-FI to run NGT Lite.

 **validium**  
IMPROVING MENTAL HEALTH

My vClub – Available on App Store & Google Play