

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



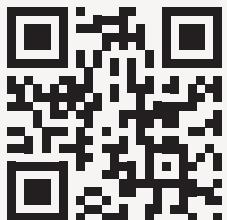
Help with legal matters



Manager Support Helpline



Remember you can call Validium for support on a variety of issues - or go online at validium.com to check out vClub



0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at 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