



# SOLAS SUPPORT FOR YOU

## ONLINE 1:1 WELLBEING SUPPORT SESSIONS & SELF-CARE RESOURCES

The personal approach to supporting workplace wellbeing.

*we are*



FREE TO USE



CONFIDENTIAL



MULTI-LINGUAL



AVAILABLE 24/7

**We're confidential:** We are not related nor connected to the production and no information about your booking is shared.

**We're professionals:** All our team members are professional certified coaches or accredited and qualified psychotherapists.

**We get you:** All our team members understand the Industry, you choose a practitioner and book in just 3 clicks.

*we are not*



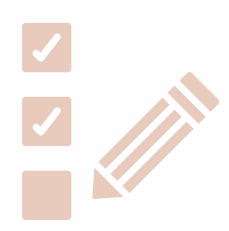
CORPORATE



IMPERSONAL



HARD TO ACCESS



A TICK-BOX

Access the wellbeing hub and book 1:1 support here

GIVE IT A TRY



PASSWORD: Summer24

