

Life is easier with the right support.

We can help you achieve emotional, practical and physical wellbeing.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support by phone, email or web.

Free phone: N/A

Mobile or internet based calls may not be guaranteed. Please consider another access method listed here.

Direct dial: +351 2 1454 2186

Dial us direct and we will return your call.

Email: support@resourcesforyourlife.com

Website: granite.springhealth.com

Company Code: granite

Employee Assistance Program

Employee support is provided by Spring Health. The organization is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.



Talk to a counsellor

- Improving relationships
- Managing life changes
- Improving esteem and confidence
- Achieving work-life harmony

Connect to local resources

- Childcare needs
- Caring for an elder
- School success
- Legal resources

Tips for staying healthy

- Sleep
- Regular Checkups
- Eating well
- Finding a gym

And many other topics. Just call us.
We can help!