

# NEED SOME HELP, AND DON'T KNOW WHERE TO TURN?

**Modern living creates a multitude of strains and stresses on individuals and families alike.**

**Though most of us can carry one or two problems at a time, sometimes things just pile up.**

Counselling is a process of learning to understand yourself and others by exploring your thoughts and feelings in a supportive and non-judgemental space, enabling you to make constructive changes to your life.

**As part of your policy did you know that you have access to a telephone counselling helpline?**

DAS provides a confidential counselling service 24 hours a day, 365 days a year to you and members of your immediate family – providing they live with you and are over the age of 18 (or aged between 16 and 18 and in full-time employment).

DAS counsellors are members of The British Association for Counselling and Psychotherapy and are covered by their code of Ethics and Practice.

Callers' concerns can include:

■ Stress ■ Health ■ Anxiety ■ Relationships ■ Depression ■ Bereavement

**Counsellors may be able to help you work through your problems and find ways of dealing with them.**

**Remember, you choose when you call and what you talk about. Where appropriate, you may be referred to relevant voluntary or professional services. You will however have to pay any costs for using the services to which you are referred. Calls may be recorded to help check and improve our service standards.**

## 24HR COUNSELLING HELPLINE SERVICE

DAS Legal Expenses Insurance Company Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority (FRN202106) and the Prudential Regulation Authority | DAS 12886.01 | 04.2018



**FIRST FOR JUSTICE**