



We are here to support your emotional health during your quarantine stay in your hotel. All calls are treated confidentially.

Freephone from UK landline:

0800 111 6387







Please state when calling, you are a Mitie Quarantine Hotel Guest

Select 2 to speak to a friendly counsellor. Translation services available upon request (mobile charges may vary).

Please access our wellbeing hub for ideas on how to stay well during this period

Visit www.my-eap.com use access code:

Your free & confidential wellbeing hub can provide information, advice and support 24 hours a day.

-  Health and Wellbeing
-  Emotional Support
-  Work
-  Relationships
-  Money
-  Parenting