



Your September Wellbeing Support

Feeling tired after the summer rush?

Peak season can take a toll, including the long shifts, late nights and busy weekends. If your struggling with fatigue or broken sleep, the Sleep Guide can help you reset.

- Simple steps to improve sleep
- Tips for rebuilding energy
- Support for irregular hospitality rotas



[CLICK HERE](#) to fill in the form and recieve your free copy!

Quick ways to look after yourself

When things slow down, stress often catches up. The LTC Wellbeing Platform has had a revamp, and gives you the tools to steady yourself when you don't feel yourself.

- Self-help resources
- Live-chat
- Counselling



[CLICK HERE](#) to sign up today

Call Us Anytime, 24/7/365, 0808 801 0550