Talk in confidence with one of our qualified team members, or access online resources for issues that may be affecting you in your personal or work life.

Validium provides counselling support for personal and work issues

Need to talk?

0800 358 5997
Outside UK: +44 141 271 7555
For online support: validium.com
Username: UOMStaff
Password: Wellbeing

Relay UK: If you have a speech impediment or hearing difficulty, download the Relay UK App to contact the service.
The Validium service gives you access to:

**Counselling Support** a safe place to discuss your personal or work-related concerns. You can do this over the telephone, face to face or online.

**Legal Information** on a range of personal law matters, including consumer, property, family and motoring law.

**Money & Debt Specialists** a dedicated team to help you access information on money matters, including debt management, budgeting and budget planning.

**Health & Wellbeing** information on a wide range of health and wellbeing issues, including diet, sleep, exercise and much more.

**Manager Support** advice and support for managers who are assisting their teams through any difficulties.

**vClub Online & ‘My vClub’ App** access to help sheets, podcasts, specialist resources and e-counselling at your fingertips.

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The service is completely confidential
Confidentiality may only be broken in a situation where you or someone else is in danger.
Visit the FAQ pages on vClub or the Validium website for more information.

**Debt service** Mon–Fri 8am – 9pm; Sat 9am – 3pm
**Health & wellbeing service** Mon – Fri 8am – 8pm

My vClub App is available on

[App Store](#) [Google Play](#)