

**No matter where you find yourself, ICAS is here to partner with you on your journey to BeingWell.**

**Call** 0800 212 699 or **download** the ICAS on-the-go app (Code: FIR001)

**WANTING TO  
THRIVE IN THE  
WAY THAT  
YOU LIVE AND  
WORK?**

**FEELING YOU  
ARE JUST  
SURVIVING?**

**OR ANYWHERE IN BETWEEN?**

**ICAS offers a sounding board, a safe space, personal development and counselling to assist you to thrive in the way that you live your life.**