



# Post Office Horizon IT Inquiry

**We understand that the Inquiry may bring up a range of challenging feelings, and so PAM Wellness will be here to support you through every step of the process.**

If you would like to talk to one of our trained counsellors, or more general support, this confidential service can be accessed through PAM Wellness.

We can discuss any concerns and feelings related to the Inquiry in a safe and confidential manner, and support you with effective techniques and skills for managing difficult emotions and memories.

**To find out more please contact:**



**0800 098 3790**  
**(Freephone)**

Call the helpline for free and confidential health and wellbeing support, available 24/7. We're here for you whenever you need us.

