

**Workplace health
and wellbeing.
Better for business**



Keep your mind healthy

**You can access Healthy Minds EAP
for free in your first year of cover[†]
for advice, guidance and support
over the phone or online.**



**A listening ear,
24/7 for a wide range
of personal and
work-related issues**

[†]Access to Healthy Minds is available for free as part of your company's health insurance policy. Check your Bupa correspondence or speak to your Bupa representative for details. Members who are no longer covered under the policy will no longer have access to free Healthy Minds.

More than one in five employees

21%

agreed that they had called in sick to avoid work when asked how workplace stress had affected them.

Source: Mind - Mental Health at Work 2022



We're listening

Talk to a counsellor or one of our other experts for any issues including:

- stress
- relationship worries
- bereavement
- coping with change
- anxiety and depression
- alcohol and drug misuse
- legal and financial worries[^]
- advice about children and elderly relatives
- health worries and medication advice

Further counselling

If you need more support, the counsellor you speak to may arrange for you to have further sessions.

Online support just a click away

If you'd feel more comfortable seeking support online without having a conversation, you can complete an online self-assessment. This will guide you to one of two options, depending on what's right for you.

- Emotional Wellbeing Online - for help coping with day-to-day life.
- Computerised Cognitive Behavioural Therapy (cCBT) - for anyone showing signs of anxiety or depression. You'll be supported by a Bupa therapist too.

To start your assessment, visit bupa.com/CBT
You just need to enter this pin: **BupaHM**

Self-help information and tools

Access helpful online factsheets and practical tools that can help you prevent or manage future issues or catch problems before they get worse.

Simply head to bupa.co.uk/eaponline

Keeping things confidential

Our Healthy Minds EAP service is confidential. We won't tell your employer or anyone else that you've been in touch, unless we think you, or someone else, may be at risk and are legally obliged to do so. Should this be the case, we'll do everything we can to talk this through with you first.

Call us anytime, day or night

0800 269 616

1800 650 138 (ROI)

+44 131 588 0321 (International)

Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.

[^]Information only services. Legal and financial specialist helplines will only provide factual information and signposting to help you make an informed decision and cannot provide regulated advice which would need to be sourced separately.

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