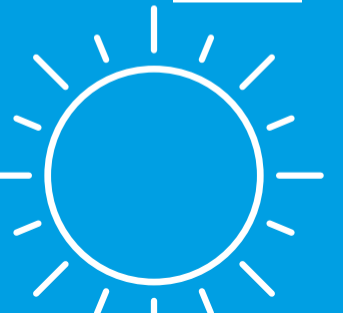




**If something's
wrong, we can help
you put it right**

A staggering **70 million** working days are lost each year due to mental health problems in the UK, costing employers approximately **£2.4 billion** per year¹.

Waking up in the early hours?



Relying on too many of these to get you through the day?



Lost your appetite?



Feel like you're at breaking point?



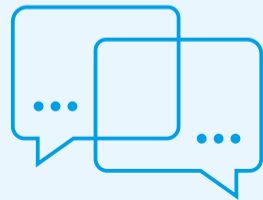
¹Mental Health Foundation; Added value: mental health as a workplace asset 2016. Online access available via: <https://www.mentalhealth.org.uk/our-work/mental-health-workplace>

Welcome to Bupa Healthy Minds – giving you around the clock access to qualified therapists who can help you find the right support for you.

What

You can call us with any issue, large or small, at any time of the day or night.

Your call will be answered by experienced therapists who are trained to deal with the problems you're experiencing.



Why

We're all human and we all need a little extra help from time to time. Sharing your concerns can be the first step to feeling better.

Here are just a few of the reasons why people get in touch:

- relationship problems
- support during a divorce
- bereavement
- financial worries*
- work stress
- concerns about depression
- child/dependant advice and care search

*Information only

“If you're worried, give us a call. We're here to listen 24 hours a day, seven days a week.”

When

We're here for you 24 hours a day, seven days a week, 365 days a year.

There really is no 'wrong' time to call.



Where

We're based at a contact centre that is entirely independent of your work place*.

*We won't tell your employer or anyone else that you've called, unless we think you or someone else is at risk and are legally obliged to do so.



How

It's easy to get in touch.

To find out more

Call us on
 **0800 269 616***

Ireland (ROI) 1800 650 138*

in confidence, 24/7

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

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visit **bupa.co.uk/
bupa-healthy-minds**

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