



Here to support your wellbeing.

A listening ear

Talk to a trained expert in confidence about any worries before they become bigger problems – there's no wrong reason to call. We can help with things like:

- stress
- bereavement
- coping with change
- financial worries[^]
- anxiety and depression
- substance misuse
- family issues

Further counselling

If you need more support, the expert you speak to may arrange for you to have counselling sessions, either over the phone or face to face.

**Did you know, around
1 in 4 people are affected
by mental health issues
in Britain?**

Source: mind.org.uk

[^]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.

Online support 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.

For a confidential chat

0800 269 616

1800 650 130 (ROI)

+44 131 588 0321 (International)

Start your assessment

bupa.com/cbt PIN: BupaHM

Useful self-help tools

bupa.com/eaponline

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



Pop out and keep handy

Self-help information and tools

Head online for free, unlimited access to helpful factsheets and practical tools that can help you prevent or manage future issues or catch problems before they get worse.

Keeping things confidential

Our Healthy Minds service is confidential. We won't tell your employer or anyone else that you've called, 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.

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Emotional Wellbeing Online

Helping you to stay in control

Here to help improve your emotional wellbeing

Now you have somewhere you can go for help coping with the demands of day-to-day life. Based on the principles of Cognitive Behavioural Therapy (CBT), Emotional Wellbeing Online brings together quizzes, tips and advice to help you think more positively under pressure, feel more in control and bring balance to your life.

How does CBT work?

Cognitive Behavioural Therapy is a type of therapy that focuses on how your thoughts, beliefs and attitudes affect how you feel and behave. Emotional Wellbeing Online uses this concept in each of its programmes to teach you coping skills for dealing with different problems.

What areas can I choose to focus on?

You can visit and revisit these areas whenever you have a spare few minutes to build your resilience for the long term.

- Stress management
- Work-life balance
- Problem solving and goal setting
- Communication and relationships
- Helpful thinking
- Self-esteem
- Resilience
- Mindfulness
- Sleep

When should I visit Emotional Wellbeing Online?

There's no pressure, just use it in your own time, at your own pace. It's available 24/7 on your computer, mobile or tablet and through the Silvercloud app, so you can develop your skills any time, anywhere over the next year.

Take control at

 bupa.com/ewo

1. Log in using your email address and PIN **smile01**
2. You'll then be able to set up your own secure account