Changing times can change how you think and feel. Whether you’re worrying about money more or sleeping less, our online wellbeing programmes could give you the confidence to take control. They’re free, easy to use and available to access right now.

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Learning how to manage day-to-day worries can help you build resilience and adjust to the new normal. Whether you’re stressed about something, or want to work on keeping a positive mindset, our online programmes in partnership with SilverCloud Health are here to help.

They include preventative online programmes you can take at your own pace. Plus a range of tools, including a thought diary and mindfulness podcasts. All accessible whenever you need them, 24/7.

Your concerns. Covered
Explore seven online mental wellbeing programmes, using proven techniques and tools to bring balance to your day.

Stress
How to manage it, use problem solving to your advantage and communicate effectively.

Sleep
Practical tips on catching more ZZZs with a new and improved sleep routine.

COVID-19
Taking time to process worries, loss and loneliness to help develop new ways of coping.

Resilience
Looking at self-esteem, connections to others and ways to boost healthy habits.

Money worries
How to shake unhelpful thinking patterns, reduce comfort spending and more.

Alcohol
Understanding your relationship with drink, the effects and how to handle triggers.

Body image
How we view ourselves, when this can become a problem and challenging negative thoughts.

How to start
- Register to Bupa Touch at bupa.co.uk/touchdashboard using your details exactly how they appear on your policy or trust documents
- Click on the link to SilverCloud in the Mental Wellbeing tile
- Select a programme and register with the same details you use for Bupa Touch
- You can complete your chosen programme on the website at your own pace

Need a hand? SilverCloud: support@silvercloudhealth.com
Bupa Touch: 0345 608 0898
Lines are open Monday to Friday 8am to 8pm and Saturday 8am to 4pm. We may record or monitor our calls.

Bupa Touch, Online Mental Wellbeing Programmes and health trusts are not regulated by the Financial Conduct Authority or the Prudential Regulation Authority.

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