



Fast answers when your mental health dips.



Call us and we'll arrange for you to talk to a mental wellbeing practitioner, without you needing to wait to see a GP first.* They can help you understand and access the next steps.

Talk to us about your symptoms

We may record or monitor our calls.

*Any onward referrals for consultations, tests or treatment are subject to the benefits and exclusions of your cover. Please check your guide and certificate for further details or contact us to check your eligibility.

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