Looking after your team's mental wellbeing.

Employee Assistance Programmes.

Bupa

Why offer employee assistance?

Stresses and strains of life and work can take their toll on employees. Their emotional wellbeing can suffer, potentially affecting performance and productivity. Sharing a problem in confidence can help to put things in perspective.

15.4 million

working days lost in 2017/18 due to work-related stress, anxiety or depression.

Source: hse.gov.uk

Research shows that a proactive intervention like an EAP service delivers

a return of £6 for every £1 invested.

Source: www2.deloitte.com/content/dam/Deloitte/uk/Documents/public-sector/deloitte-uk-mental-health-employers-monitor-deloitte-oct-2017.pdf

What does it mean for you and your employees?

Access to trained clinicians and experts

Our trained clinicians can provide a listening ear and guide your employees to the most appropriate support and treatment.

Online support is one click away

Self-assess online to gain access to either Emotional Wellbeing Online for help coping with day-to-day life or computerised Cognitive Behavioural Therapy (cCBT) supported by a Bupa therapist.

Earlier access

Earlier access to mental health support could have a positive impact on absence and productivity for your organisation.

A healthier, happier workforce

Feel confident that we'll look after your employees' mental health and wellbeing and help them feel supported.

How does it work?

Your employees can access our support over the phone or online, whichever makes them feel most comfortable.

Employee contacts Bupa

Confidential telephone consultation with a qualified clinician

First time resolution counselling over the phone

Support options

Employees can get emotional and practical support

Guidance to treatment options such as short-term therapy

What support is available?

Emotional support

If your employees are experiencing something that's causing them stress, worry or upset, they can speak to a trained counsellor.

Here are just some of the problems they can help with:

- relationship worries
- difficulties at work
- bereavement
- anxiety and depression
- addiction and substance abuse

Practical support

The helpline can also support with the practical side of life.

Your employees can speak to a team of experts who'll give them the facts they need to make informed decisions on things like:

- money management†
- landlord disputes
- divorce
- consumer rights

†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.

What are employees saying about the service?

We asked employees about the support they received through Healthy Minds and the positive effect on mental wellbeing is clear.

96%

felt more productive at work.^

97%

found an improvement in concentration and focus.^

73%

felt the service saved them from taking time off work.^

^Source: EAP customer satisfaction survey, Aug 2017 – July 2018.

Any questions?

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