Employee assistance programmes.
Better for business

Home life, work and world changes – these can all bring new stresses and strains. Giving people a way to talk about how they’re feeling can help relieve pressure and improve their mindset.

With an employee assistance programme (EAP), we’ll provide them with 24/7 wellbeing and mental health support to help address issues early.

Build a more resilient workforce with EAP
Reduce absences
By catching problems early, employees are less likely to need time off.

Shape your strategy
Discover common mental health problems to address in your wellbeing strategy.

Increase productivity
Practical advice helps people manage problems so they’re healthier for longer.

Boost team morale
Show your people that you’re an employer of choice who understands wellbeing.

How an EAP can help your business

Choose an EAP for your people

<table>
<thead>
<tr>
<th>What’s included?</th>
<th>Key EAP</th>
<th>Key EAP+</th>
<th>Healthy Minds</th>
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<td>24/7 mental wellbeing helpline</td>
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<td>Counselling by phone</td>
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<td>Counselling by video call or face to face</td>
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<td>Legal helpline</td>
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<td>Child and dependant care helpline</td>
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<td>Manager helpline</td>
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<td>24/7 Anytime HealthLine</td>
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<td>Online cognitive behaviour therapy provided by SilverCloud Health supported by a therapist</td>
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<td>EAP online for self-help information and advice</td>
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<td>Be.Me health and wellbeing app</td>
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Seamless treatment with Bupa health insurance and Healthy Minds

If your business has health insurance and Healthy Minds, your people have a quicker route to early intervention if they have a mental health concern. If a counsellor thinks an employee needs more treatment, we can refer them through their health insurance. Seamless.

By going through EAP first, over half of mental health claims via insurance are prevented.²

²Internal data - 56% of Health Insurance claims were prevented in 2022

What employee support comes with an EAP?

Depending on your choice of EAP, it could include:

Support for emotional wellbeing
- 24/7 phone counselling
  Immediate support and advice from a qualified counsellor to help manage stress and anxiety. No appointment needed.
- Structured therapy
  Multiple, planned sessions with an affiliate counsellor, available face to face, by phone or video. Helping with issues such as relationship troubles, bereavement and depression.
- Online cognitive behavioural therapy (CBT)
  App-based support helping employees recognise negative patterns in how they think or behave and how to change them. Always supported by a Bupa counsellor for better outcomes.

Practical advice from experts
- Manager support line
  Managers can call us for practical guidance on what to say and what not to say, so they can have the right conversations with your people.
- Specialist helplines
  Guidance on specific life issues, such as household finances, careers and legal support in situations such as divorce or consumer rights.
- Child and dependant care helpline
  Information and assistance on issues relating to caring for children, the elderly and other dependants.
- 24/7 Anytime HealthLine
  Employees can get around-the-clock, confidential health information and advice.

Want to know more about EAP?
Call us, your account manager or intermediary partner
0345 600 3476 Option 3
bupa.co.uk/eap

*Lines are open 8am to 6pm, Monday to Friday. 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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