

For your wellbeing.



Are you doing okay?

We know looking after your mind is just as important as your body. So, if you're struggling with anxiety, alcohol or drug abuse* or another mental health condition, we're here for you.

Call us for advice and support

Calls may be recorded to maintain the quality of our service. We may monitor some calls, always respecting the confidentiality of the call. Lines are open Monday to Friday 8am to 8pm and Saturday 8am to 4pm.

Note: Standard exclusions for pre-existing, special and moratorium conditions, and benefit limits for out-patient, in-patient and day-patient mental health treatment continue to apply. We cover mental health treatment related to excluded conditions such as menopause, cosmetic treatment and gender reassignment. There are a few general exclusions for which we would not cover any related mental health treatment. Please refer to your policy or trust guide for further details.

*To support addictions we fund one addiction treatment programme per membership lifetime.

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