

For your wellbeing.



**Are you  
doing okay?**

# We're here for your mental wellbeing too.

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

\*To support addictions, we cover one addiction treatment programme in each member's/beneficiaries lifetime.

## 8,500+

**mental health  
therapists  
nationwide†**

†Statistics correct  
as of May 2024

### 1 No time limits on support

Our cover for mental health conditions has no time limits, so you don't need to worry if a condition comes back.

### 2 More cover than ever before

We cover most mental health conditions. We do not pay for treatment for dementia.

### 3 Ongoing support and advice

We want to be there for you in the long term. That's why we cover ongoing support for diagnosed eligible mental health conditions, as set out in your guide and certificate. This could help you manage conditions and prevent worsening symptoms.

## Call us for advice and support

We may record or monitor our calls. 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 allowances 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. Please refer to your policy or trust guide for further details.

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