

Fast answers when your mental health dips

Call us or use the My Bupa app to talk to a mental wellbeing practitioner, without you having to wait to see a GP first. They can help you to understand and access the next steps of treatment*.

Talk to us about your symptoms

XXXX XXX XXXX

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. For example, if your cover excludes conditions you had before your cover started, we may ask for further information from your GP. Please check your guide and certificate for further details or contact us to check your eligibility.

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