

**Workplace health  
and wellbeing.  
Better for business**



# Keep your mind healthy

**You can access Healthy Minds EAP  
for free in your first year of cover<sup>†</sup>  
for advice, guidance and support  
over the phone or online.**



**A listening ear,  
24/7 for a wide range  
of personal and  
work-related issues**

<sup>†</sup>Access to Healthy Minds is available for free as part of your company's health insurance policy. Check your Bupa correspondence or speak to your Bupa representative for details. Members who are no longer covered under the policy will no longer have access to free Healthy Minds.



# 21%

of UK employees reported taking time off work due to poor mental health caused by stress.

Source: Mental Health UK 2025

## We're listening

Talk to a counsellor or one of our other experts for any issues including:

- stress
- relationship worries
- bereavement
- coping with change
- anxiety and depression
- alcohol and drug misuse
- legal and financial worries<sup>^</sup>
- advice about children and elderly relatives
- health worries and medication advice

## Counselling sessions

If you need support, the counsellor you speak to may arrange for you to have sessions.

## Online support just a click away

If you'd feel more comfortable seeking support online without having a conversation, you can complete an online self-assessment.

- Computerised Cognitive Behavioural Therapy (cCBT) – for anyone showing signs of anxiety or depression. You'll be supported by a Bupa therapist too.

To start your assessment, visit [bupa.com/CBT](https://bupa.com/CBT)  
You just need to enter this pin: **BupaHM**

## Self-help information and tools

Access helpful online factsheets and practical tools that can help you prevent or manage future issues or catch problems before they get worse.

Simply head to [bupa.co.uk/eaponline](https://bupa.co.uk/eaponline)

## Keeping things confidential

Our Healthy Minds EAP service is confidential. We won't tell your employer or anyone else that you've been in touch, unless we think you, or someone else, may be at risk and are legally obliged to do so. Should this be the case, we'll do everything we can to talk this through with you first.

Call us anytime, day or night

# 0800 269 616

If you are a UK resident, living in the UK but temporarily overseas/abroad and need to contact EAP please call

**+44 131 588 0321 (International)**

Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.

<sup>^</sup>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.

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