Keep your mind healthy.

You can access Bupa EAP Plus 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



Did you know, around

1 in 4

people are affected by mental health issues in England in any given year?

Source: mind.org.uk

We're listening

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

- stress
- relationship worries
- bereavement
- coping with change
- anxiety and depression
- alcohol and drug misuse
- legal and financial worries^
- advice about children and elderly relatives
- health worries and medication advice
- difficulties at work

Further counselling

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

Online support a click away

If you'd feel more comfortable seeking support online without having a conversation, you can complete an online self-assessment. This will help us guide you to one of two options within our confidential, evidence based SilverCloud platform depending on what's right for you.

- Emotional Wellbeing Online – Proactive support for getting the most out of day-to-day life.

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**

Keeping things confidential

Bupa EAP Plus 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 for a confidential chat, 24/7

0800 269 616

1800 650 138
(ROI)

+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.

^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.

Bupa EAP Plus is provided by Bupa Occupational Health Limited. Registered in England and Wales No. 6313336. Registered office: 1 Angel Court, London EC2R 7HJ

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