

# Healthier Minds.

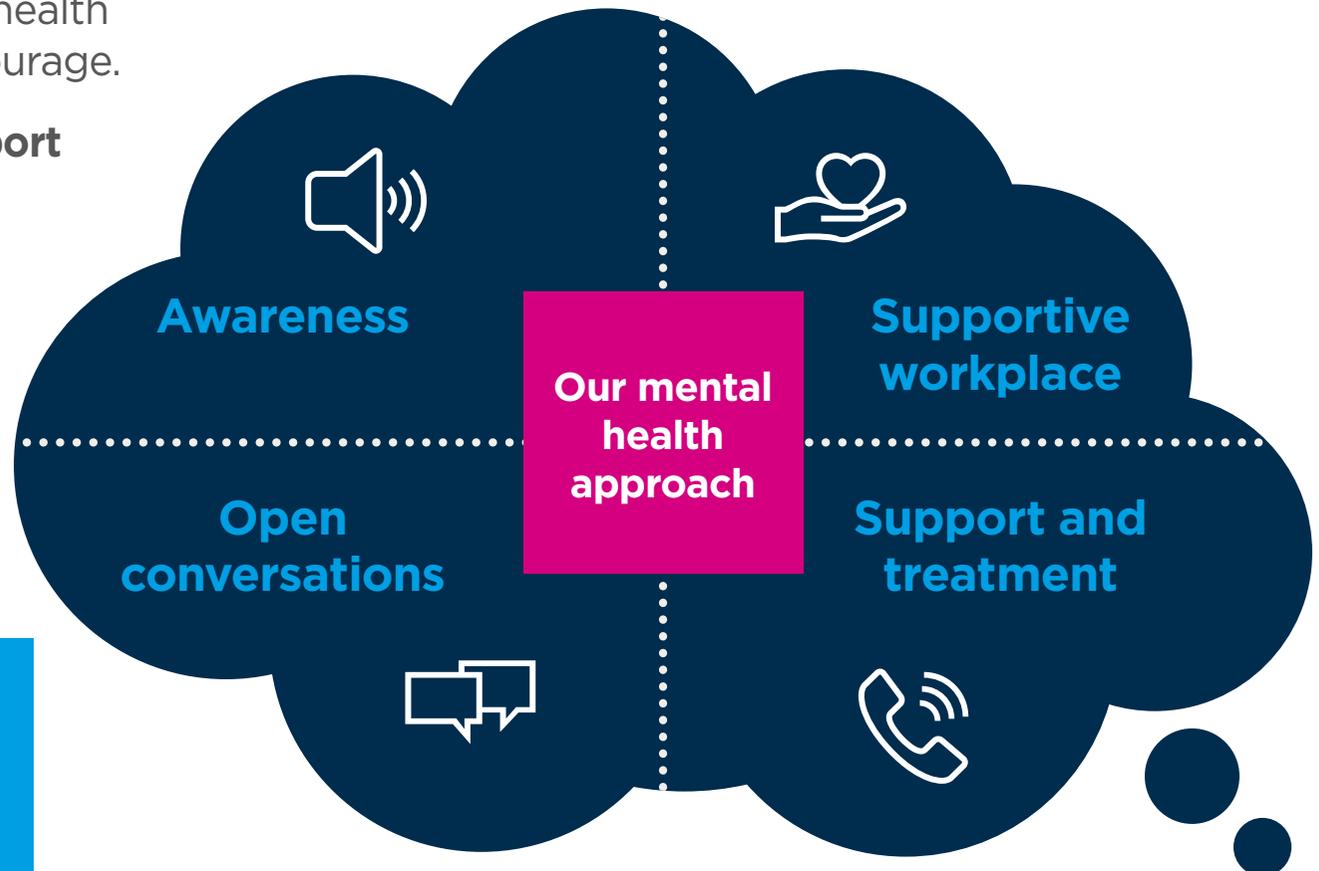


Our mental health approach brings together a wide range of support available to all of us. Mental health challenges can range from the anxiety and stress almost all of us often feel to something more serious.

With seven billion unique people on our planet, there's no such thing as 'normal'.

We know that talking about mental health can feel awkward and often takes courage.

**But it's really important to get support if you need it #BeyouatBupa**



24hr Healthy Minds helpline

**0345 600 2007** (opt 1)

[bupa.com/mentalhealth](https://bupa.com/mentalhealth)

*(Colleagues in ROI should call +44 (0)161 497 0969).*

# Healthier Minds

## Awareness



### Mental health resources

Online information and advice on mental health problems and treatments.



### Colleague experiences

Hear colleagues talk about their mental health experiences - and share your own.

## Supportive workplace



### Performance Energy

Our health and wellbeing programme to help you handle everyday pressures.



### Manager support

From our People Manager Expectations to our Mental Health Guide for Managers.

## Our mental health approach

## Open conversations



### Building confidence

Sharing advice and tips on talking about mental health.



### Mental health first aiders

Talk to trained colleagues who can signpost you to the support you need.

## Support and treatment



### Healthy Minds helpline

Speak confidentially to a counsellor 24/7 on 0345 600 2007.



### Range of treatments

From help with specific life issues to counselling or therapy.

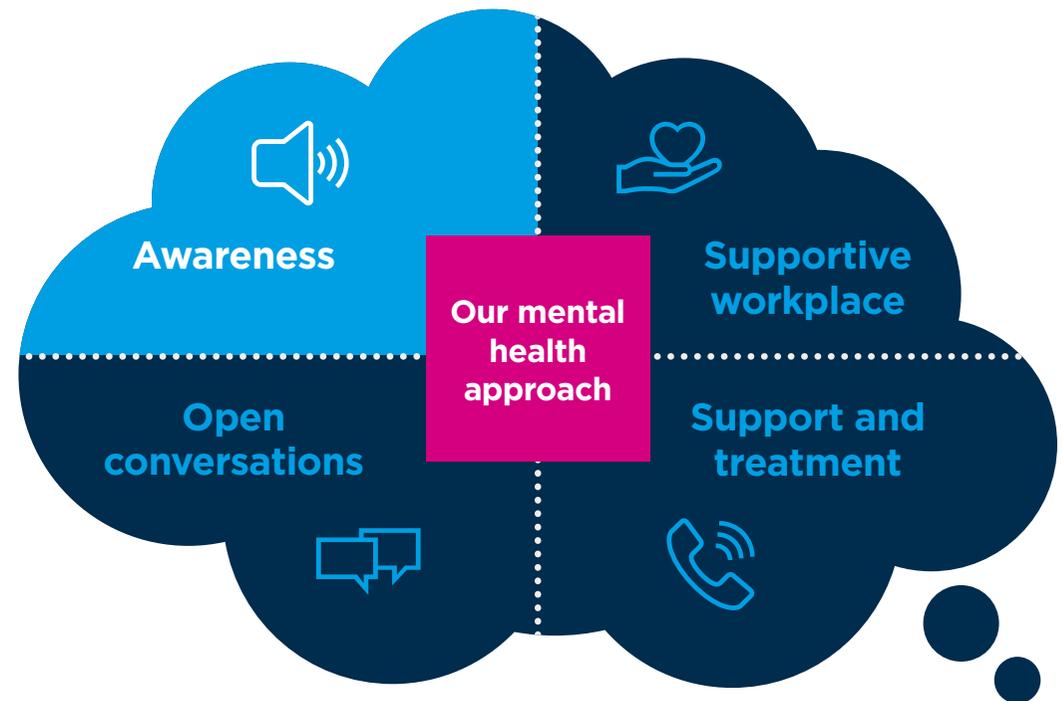
# Awareness



We have an open culture and want our people to understand more about mental health. Many Bupa colleagues have already talked about their personal mental health experiences. We know these have had a huge impact and we're encouraging even more people to share their stories – if you want to get involved, contact your local Internal Communications team.

## Useful tools for you

- Mental health training is available in various forms, including an elearning course and podcasts for managers and courses to become a Mental Health First Aider – [click to find out more](#).
- We regularly share information, tools and advice from Bupa experts, and you can find even more information available on a range of mental health conditions [here](#).
- Visit our [internal Mental Health Hub](#) on Grow for help and guidance.
- Our [health content team](#) regularly share useful information about common mental health conditions on our website.
- Our partner Mind have great information and help on mental health. You can find their resources for children and young people [here](#).



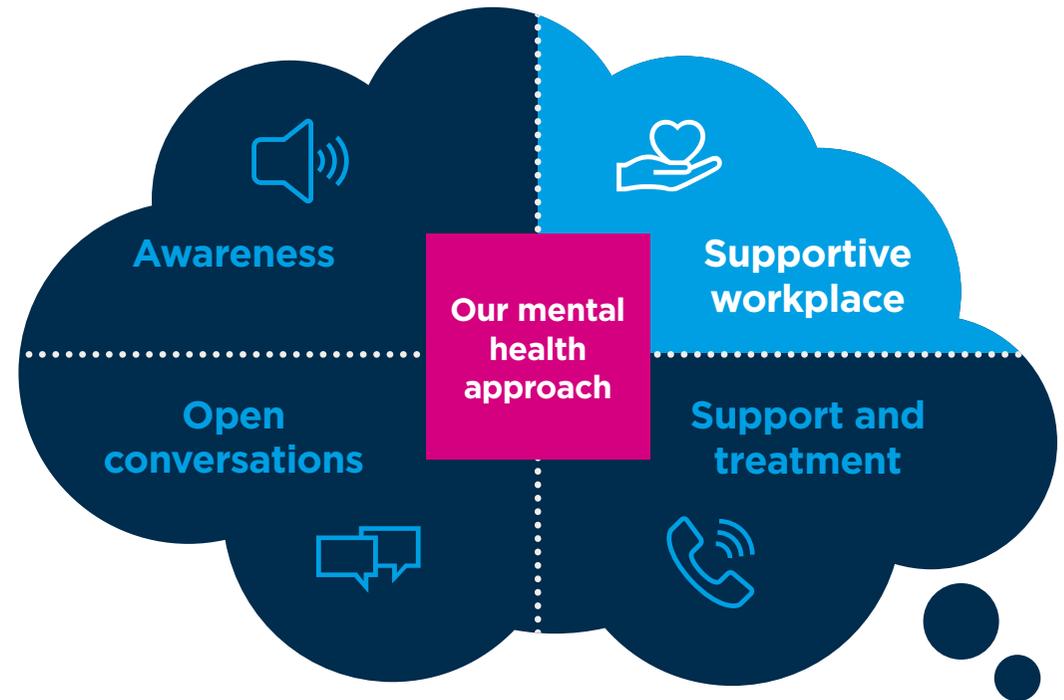
# Supportive workplace



Our Performance Energy programme helps us manage our energy levels so we are better equipped to deal with everyday pressures. It helps us think about our approach to sleep, hydration, nutrition, exercise, etc. It also challenges us about our mindset and helps us take more control, protecting ourselves from feeling stressed and overwhelmed. When a whole team does Performance Energy, it creates a supportive environment for conversations about mental health.

## Useful tools for you

- Find out more about [Performance Energy](#) on Grow. While we can't run face to face sessions right now, there are plenty of materials online available including short videos, [a questionnaire](#) to check your energy and team activities.
- We know that managers play an important role. Our [People Manager Expectations](#) clarify managers' responsibility to listen to and care for their people. There are manager materials on the [Mental Health Hub](#) on Grow too.
- Our [Mental Health First Aiders network](#) is there to support colleagues across the BG&UK market unit too. Find out who they are on Grow.
- If you're a manager, visit our [Manager Toolkit section on the Health & Wellbeing Hub](#).



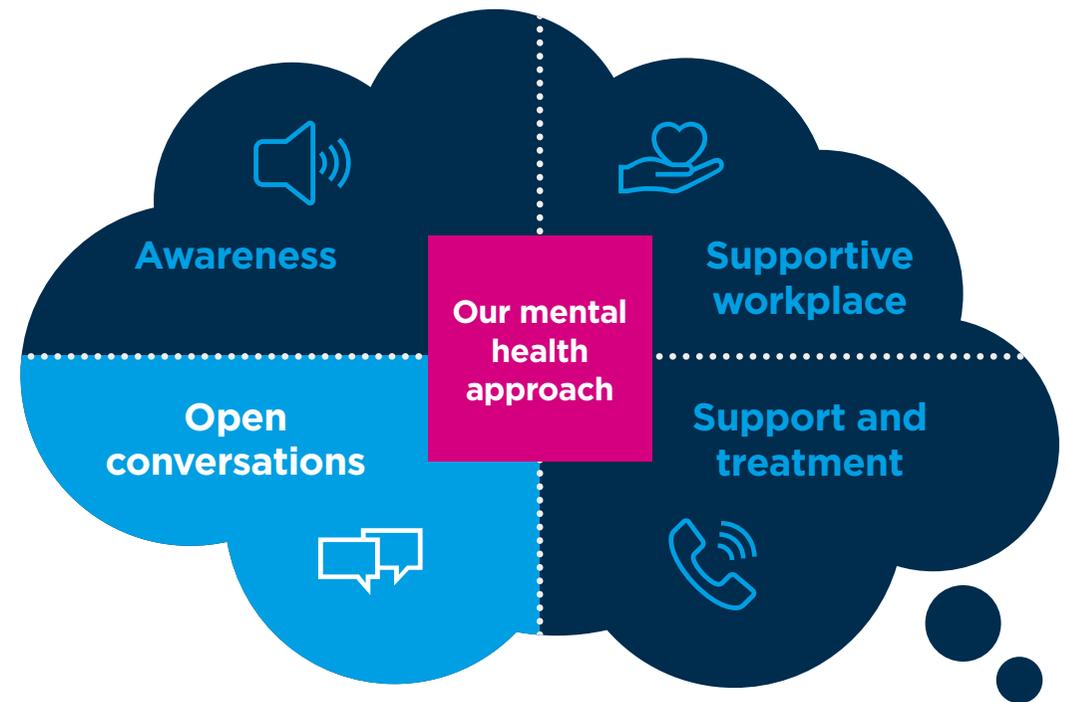
# Open conversations



We encourage everyone to talk to colleagues about mental health and take part in external campaigns such as Time to Talk and World Mental Health Day. We'll continue to run regular internal campaigns; sharing hints and tips on starting conversations and helping managers have the confidence and skills to talk about mental health with their teams.

## Useful tools for you

- Our [Mental Health First Aiders network](#) is a group of colleagues across the BG&UK market unit who have been trained in understanding mental health and factors that affect wellbeing. They can signpost you to all the support available, if you need it.
- If you can, we also suggest you talk to your manager who may be able to help.
- If you're a manager and need support visit our [Manager Toolkit](#) section on the Health & Wellbeing Hub



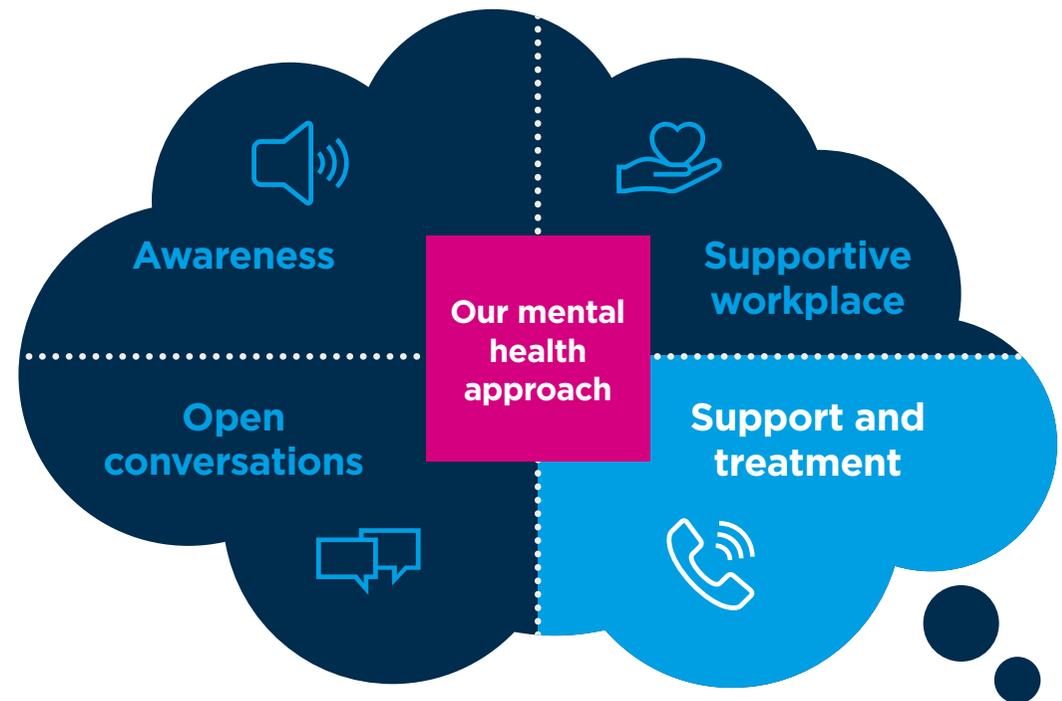
# Support and treatment



There's a range of options if you ever need help. Our internal [mental health hub](#) has all the detail. This includes: access to expert information; support for specific aspects of life such as caring responsibilities or financial wellbeing, which we know can lead to stress or trigger mental health problems; and talking to a trained counsellor or accessing therapy or other forms of support. We also provide support for anyone with an existing condition.

## Useful tools for you

- [Download the Be.Me App](#) and access online mental wellbeing programmes provided by SilverCloud on stress, resilience and sleep.
- Healthy Minds is available 24 hours a day, seven days a week on **0345 600 2007 (option 1)**. You'll get free, confidential advice, guidance and support on any worries or challenges you may face at home or at work. This includes financial and legal advice plus support for parents, through My Family Care. There's also a Parents Helpline For [financial wellbeing support](#), please read what's available on People Place.



# A-Z of resources.



Further help and support is available.

## Abuse

- NAPAC
- NSPCC
- Rape Crisis
- Refuge
- Survivors UK
- Women's Aid

## Addiction

- Addiction
- AA
- Cocaine Anonymous
- Drink Aware
- Gamblers Anonymous

## Anxiety

- Anxiety UK
- No Panic
- OCD Action

## Armed forces

- Help for Heroes
- Combat Stress
- PTSD Resolution

## Bereavement

- Bereavement Advice Centre
- Child Bereavement UK

## Bipolar disorder

- Bipolar UK

## Carers

- Carers Trust
- Carers UK

## Children and young people

- Bupa Global family wellbeing information
- Children's mental health: a parent's guide
- Kathryn shares her experience of supporting her daughter with poor mental health
- Mental health at home: how to raise your mentally healthy kids
- Mind resources for young people
- The Bupa Parent Chat

# A-Z of resources continued



## Depression

- Association for Postnatal Illness
- Depression UK

## Domestic abuse

- Bupa domestic abuse awareness guide

## Eating disorders

- ABC
- Beat
- MGEDT

## Family, parenting and relationships

- Family Action
- Family Links
- Family Lives

## Learning disabilities

- Mencap
- Generate

## LGBT

- LGBT Switchboard
- Stonewall

## Older people

- Age UK
- Alzheimer's Society
- Dementia UK

## Personality disorder

- Emergence

## Psychosis

- Action for postpartum Psychosis
- Hearing Voices Network

## Self-harm

- Harmless
- Self Harm UK
- Self Injury Support

## Suicide

- Samaritans
- Suicide prevention and support guide