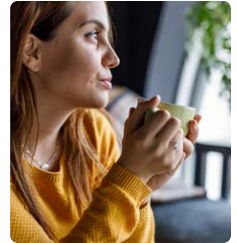


The importance of mental health



Health Insurance



WPA are advocates for prioritising mental health in the workplace as this creates a supportive environment where employees feel valued and supported, leading to higher engagements and job satisfaction.

Mental health is the way we think and feel. We all have mental health, it is our ability to deal with the ups and downs of life.

Good mental health gives us a sense of purpose and direction, it gives us the energy to do things that we want to do and the ability to deal with any challenges that happen in life.

Our products incorporate a range of mental health benefits, to help support health and wellbeing. Depending on the policy, benefits may be included as standard or available to add as an optional extra.

Please refer to each product's Guide and Benefit Schedule for full details. Mental health benefits include:



24/7 Telephone Helpline Support

Just one phone call can provide access to a variety of helplines, many with trained counsellors, to provide support when needed – **available 24/7, 365 days a year.**



Out-patient Treatment

With a psychiatrist, psychologist or psychotherapist. Includes Eye Movement Desensitisation and Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT) and Art Therapy. GP referral is required.



In-patient Treatment

Benefit for an in-patient stay at a mental health hospital (subject to a maximum number of days/nights). GP referral required.



Structured Counselling

Short-term, solution-focused structured counselling, within an allotted number of sessions (when referred through the telephone helpline support service). Extended Therapy can also be included to allow for the treatment of more complex health conditions.

Award-winning health insurance

WPA are currently rated **excellent** on Trustpilot.



Rated 'Excellent' as at 01.10.24

 wpa.org.uk/awards

