

For your team's wellbeing.
For Living



Bupa Family Mental HealthLine.

Mental health advice is just a phone call away

You care about your people's overall wellbeing. And you know that certain issues can't be left at home. Things like worries about their child's emotional wellbeing that can affect them wherever they are.

Bupa Family Mental HealthLine is a new way to help them access support if they are worried about the emotional wellbeing of a young person.

- Research has found that one in eight young people aged 5 to 19 in England experienced a mental health difficulty in 2017
- Spotting the signs early can make all the difference
- We're ready to help parents and carers act quickly



One in eight children

in England has a mental health disorder.¹



Source: NHS.

A third (32%) of parents

of children between the ages of four and 17 said their child had been affected by a mental health issue in the last year.²



Source: Children's Society.

Two in five (40%) parents

struggle to talk to their child about their emotional wellbeing.³



Source: Bupa research 2018 conducted among working parents of 4 to 18 year olds.

¹ NHS: Mental health of children and young people in England, 2017.

² The Children's Society: June 2019.

³ Bupa research provided by Opinium, September 2018.

Good call for your people and your business

When your people use Bupa Family Mental HealthLine, they'll talk to a trained adviser and mental health nurse.^ They'll offer a listening ear, then help connect them with the right support if they are worried about the mental health of a child or young person; whether or not the child is covered on the policy. Helping to put everyone's minds at ease.

- Your employees can feel better knowing they're reaching out to trained advisers and mental health nurses for help and advice at what can be a worrying and stressful time
- You can feel better with the knowledge that you're empowering your people at home, helping them stay happier and more focussed at work



Bupa insight

Children's mental health

is among parents' greatest concerns.



A third of employees

say they worry about their children's mental health while at work.



Over a quarter (26%) of parents

would keep their child's diagnosis secret from their employer.

Source: Bupa research 2018 conducted among working parents of 4 to 18 year olds.⁴

Call our Family Mental HealthLine

0345 266 7938

^Telephone support between 8am - 6pm Monday to Friday via a dedicated helpline. Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.

4 Bupa research provided by Opinium, September 2018.

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