



Aviva DigiCare+ Workplace

# A little more consultation



## Mental Health Consultation

It's good to talk – access consultations with qualified mental health therapists

Mental health is as important as physical health, and it's just as important to get some care and support when we feel as though it's a struggle to cope with everything that life can throw at us.

Getting help early can help play a big part in tackling mental health issues. Download the Aviva DigiCare+ Workplace app and you'll have the opportunity to get tailored advice from a mental health professional by video or phone, on average within 48 hours.

This service can help with all types of issues, from workplace stress to money worries, family conflict to divorce, big life changes to dealing with family history and more. It also offers a bereavement service to support those eligible who have lost someone close to them.

### The benefits of a mental health consultation

- ✓ **Tailored advice** from a mental health professional by video or phone
- ✓ **Mental health support** to help with many types of issues, from workplace stress to money worries, big life changes and more
- ✓ **Up to six appointments** per year are available for you and your eligible family members to share between you
- ✓ Up to six additional **bereavement consultations** are available per year should you or your eligible family members ever need them

This service is available to you if you're insured through your employers Group Protection Policy and is a non-contractual benefit Aviva can change or withdraw at any time. Terms and conditions and the privacy policy for Aviva DigiCare+ Workplace can be viewed in-app. Aviva DigiCare+ Workplace is provided by Square Health.



**Download the Aviva DigiCare+ Workplace app from the App Store or Google Play.** Mobile data charges may apply. Instructions on how to register can be found within your registration email. If you no longer have this email, contact your HR team who can arrange for it to be resent to you.

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