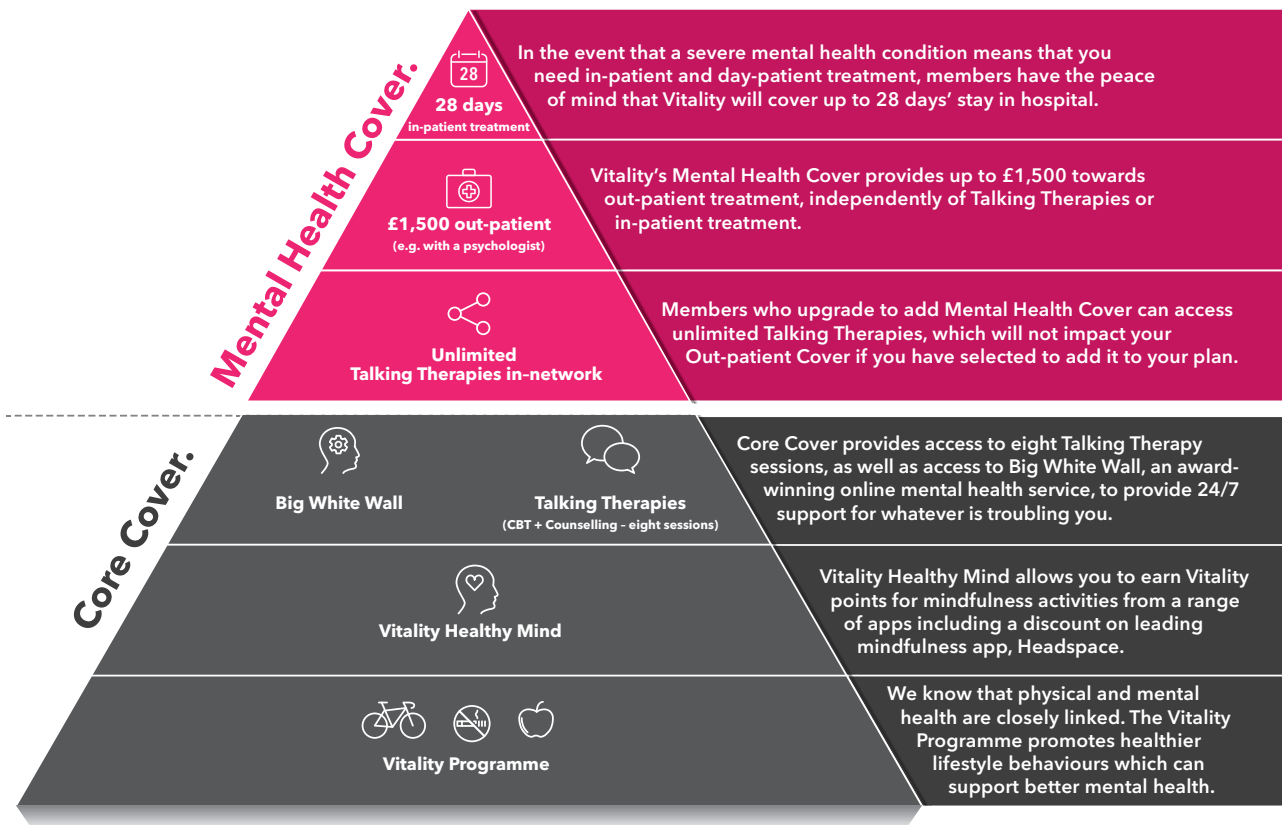


HOLISTIC
MENTAL
HEALTH
COVER

HOLISTIC MENTAL HEALTH COVER

We know that Mental Health is not restricted to conditions which require hospital treatment. Mental health conditions affect a high proportion of people at some point in their life, and range from relatively common issues such as stress, anxiety and depression, to more severe psychiatric conditions.

VitalityHealth's approach to Mental Health seeks to provide support for all our members, regardless of their state of health - whether this be the opportunity to engage in positive, preventative health behaviours, quick access to counselling and Cognitive Behavioural Therapy, or more comprehensive specialist treatment.



1 in 4
People in the UK will experience a mental health problem each year¹

15 million
Working days are lost per year because of work-related stress²

£94 billion
The cost of mental ill-health on the UK economy each year³

8%
Of UK employees surveyed suffer from depression⁴

58%
Of UK employees surveyed are stressed about work⁴

FIND OUT MORE

For more information please speak to your adviser or visit our website vitality.co.uk/health

1 - Mind.org | 2 - Telegraph - work-related-stress-mental-illness-now-accounts-half-work-absences/
3 - Guardian - mental-illness-costs-uk-94bn-a-year-oecd-report-says-employment-economy-productivity | 4 - Britain's Healthiest Workplace data 2018