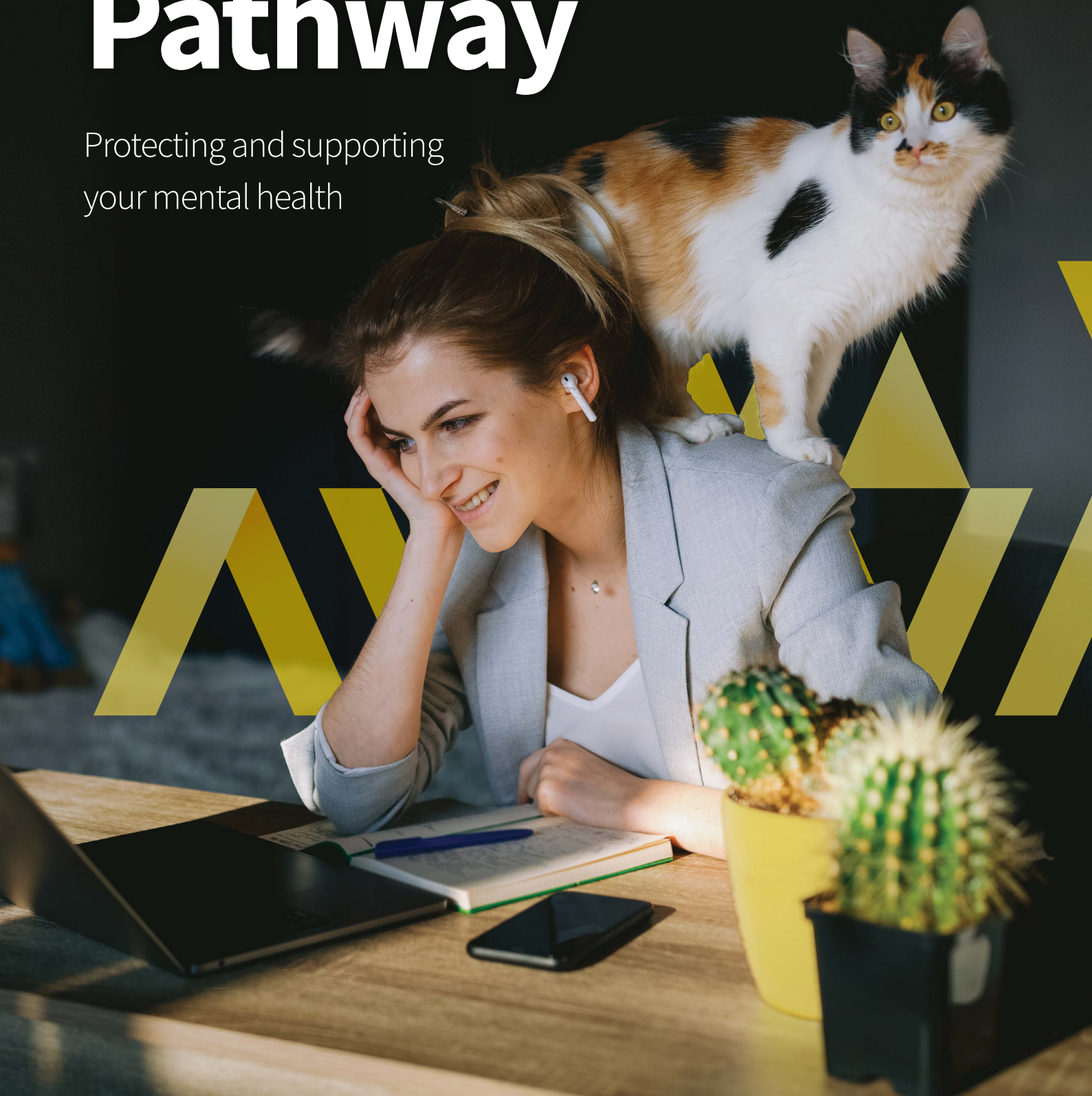


Mental Health Pathway

Protecting and supporting
your mental health



Helping you access appropriate treatment

Poor mental health can have a devastating effect on ourselves and those closest to us. A quarter of UK adults experience at least one diagnosable mental health problem in a given year, so these issues are more common than you may think.¹

That's why Solutions offers a Mental Health Pathway to get you access to appropriate treatment in a streamlined way.

More so now than ever, it's important we have someone to turn to when things get a little too much.

If you call our claims team, we can help you get rapid access to assessment by routing you through to a third party mental health provider who meets our quality of care standards and who can oversee necessary treatment - without a GP referral.

Having external mental health support can offer real peace of mind, especially since mental health conditions are one of the five leading causes of workplace sickness absence.²

Accessing the support available to you through the Mental Health Pathway could equip you with lifelong skills that can help you deal with triggers both now and in the future and, depending on your treatment needs, you may not even have to take any time off work.

¹ NHS website, <https://www.england.nhs.uk/mental-health/adults/>
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² Office for National Statistics (ONS), released 26 April 2023, ONS website, article, Sickness absence in the UK labour market: 2022.



What you get with Solutions

Quick access to assessment	You can self refer to a mental health practitioner for assessment, without a GP referral
Clinical treatment determined by front-end third party clinical assessment	Routing you to appropriate treatment, including direct escalation to specialist assessment if necessary
Cover based on clinical need	Treatment continues as clinically appropriate, reducing delays in treatment for talking therapies and unnecessary admission to in-patient care
Simple claim process	You only need to contact our claims team once, then a third party mental health provider will oversee your treatment
Range of treatment options	Including online cognitive behavioural therapy (CBT), remote or face-to-face talking therapies, and psychiatrist assessment
Wide range of practitioners	We offer cover for a range of experts, including practitioner psychologists, CBT therapists, talking therapists consultants, psychiatrists and counsellors
Support for family members	Dependants from the age of 12 can access this valuable service.



If you would like more information, visit aviva.co.uk/health/health-products

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How to contact us?



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