



PPP HEALTHCARE

When you need to talk, we'll listen



It's easy to feel like there's nowhere to turn. Our **Stronger Minds** team are here for you should you have a mental health concern. No need to see your GP first, we'll ensure fast access to appropriate care.



A phone call away

If you experience any mental health concerns, you can call your Personal Advisory team. They'll pass you straight through to the **Stronger Minds** team. One of the counsellors or psychologists will talk things through and make an initial assessment.

And, as you would expect, the service is completely confidential.



The right treatment for you

Having listened to your concerns, the counsellor or psychologist will suggest a treatment plan clinically appropriate for you. They'll be there to support and guide you throughout your treatment.

Our personal advisors will be able to pre-authorise your treatment if needed.

“ Health problems whatever they be, seem to be less of a problem after a phone call to AXA and an informed chat with one of the very helpful and sympathetic care team. ”

AXA PPP healthcare member



Booking made easy

Whether you're looking for an appointment close to home, work or at a specific time of day, we can find one to suit. The counsellor or psychologist will agree a treatment plan with you. Our personal advisors will then book you an appointment.



Quality care nationwide

Your treatment is delivered by our approved network of counsellors and psychologists who have been carefully selected to deliver a high standard of quality care.

It'll take place in one of our preferred hospital-based clinics, fitness and wellbeing sites or medical centres around the country at a time that suits you.



Guiding you every step of the way

There may be times when a condition is complex or your treatment plan needs to be revised. In these instances, our **Stronger Minds** team will be there to support and guide you through the process, ensuring that you're completely comfortable with all of the recommendations for further treatment.



Supporting you through your recovery

The sooner you speak to someone, the better. And we're always here to talk. Whether you need to ask a question about treatment, or you just want someone to turn to, we'll be on the end of the phone for you.



How this affects your private medical benefit

The phone call for your initial clinical consultation won't impact the number of counselling sessions available, or the limit for any out-patient treatment shown in your handbook.

If counselling treatment is required then this will impact your overall number of counselling sessions available, but not any annual limit for out-patient treatment, as shown in your healthcare scheme handbook.

Please note

For more information and guidance visit our online Mental Health centre on

axapphealthcare.co.uk/health-information/mind-health

Available 24/7 it can provide additional help when you need it.

To find out more about your private healthcare

Tel:

Our opening hours are Monday to Friday 8am to 8pm and 9am to 5pm on Saturdays and bank holidays.

Go to:

Username:

Password:

Stronger Minds is available to private healthcare members aged 18 years or over.

We may record and/or monitor calls for quality assurance, training and as a record of the conversation we've had together.

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