

Sharing the benefits
of healthy living

Vitality

Holistic Mental Health Cover.

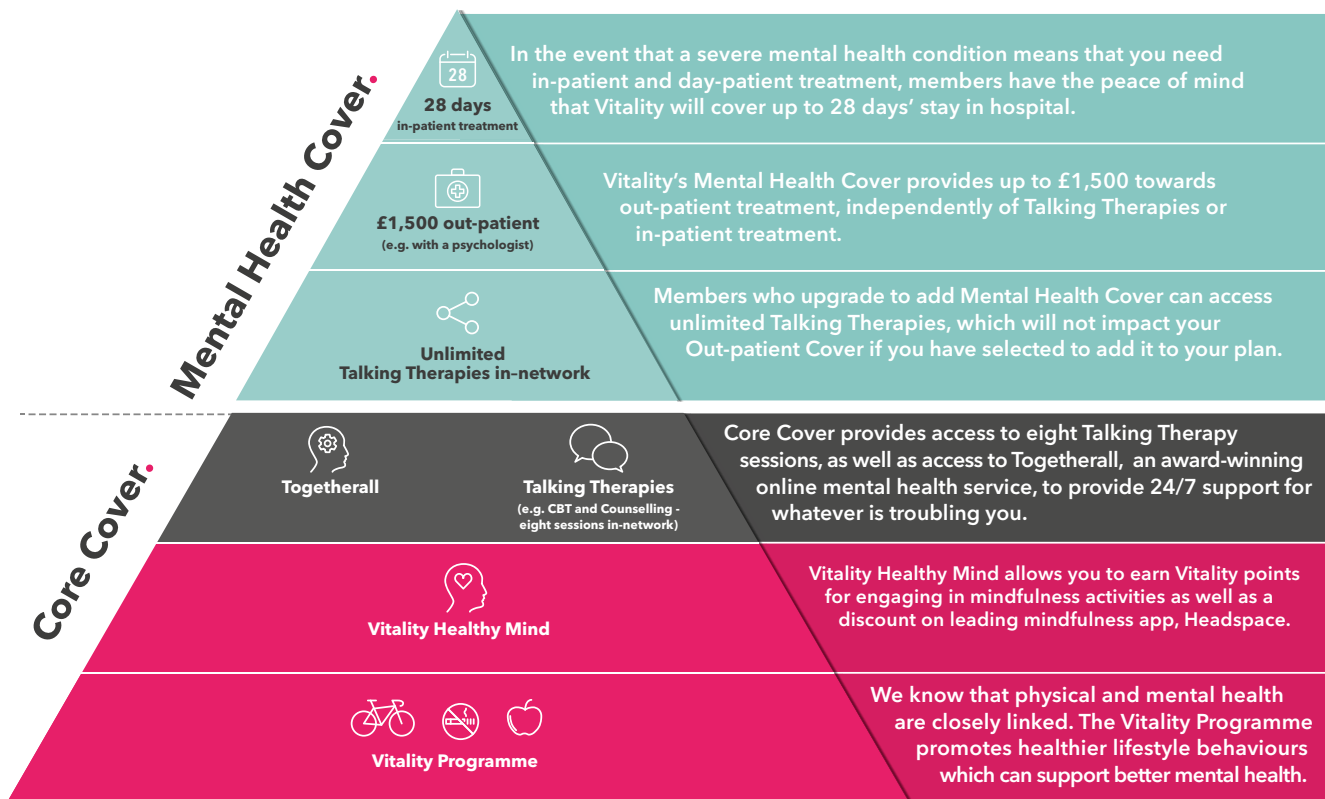
Health insurance · Life insurance · Car insurance · Investments

Vitality's unique approach to physical and mental health.

From prevention, to early intervention, to comprehensive treatment. We support your mental health, from the everyday to when you need it most.

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 your 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 6
adults in the UK are experiencing some form of depression¹.

Over 300 million
people worldwide suffer from some form of mental health condition².

57%
Of UK employees surveyed are stressed about work³.

Find out more.

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

1 Office for National Statistics, Coronavirus and depression in adults, Great Britain: July to August 2021.

2 World Health Organisation, March 2018.

3 Britain's Healthiest Workplace data 2019.