



# Holistic Mental Health Cover



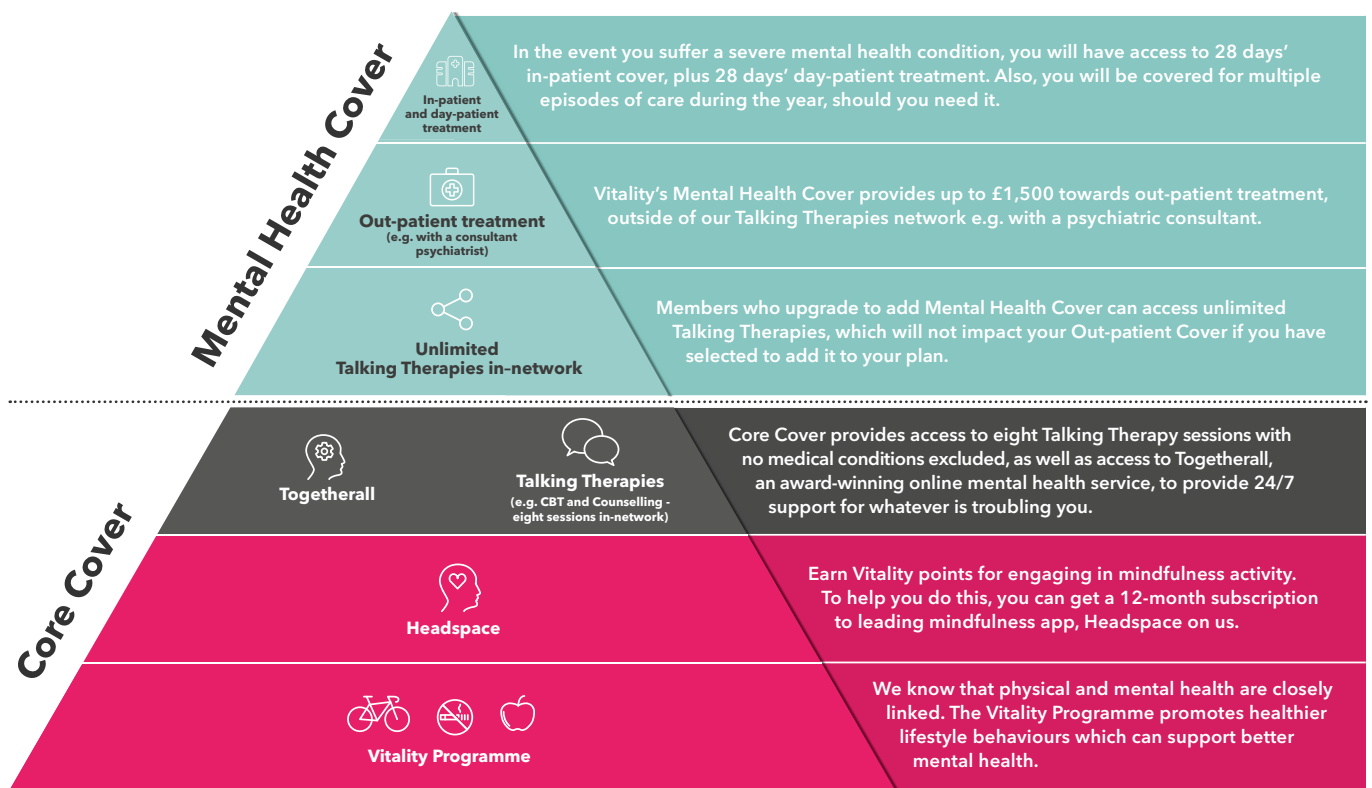
# Vitality's unique approach to physical and mental health

**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.

Our approach to Mental Health seeks to provide support, 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 when required\*.


\*Where Mental Health Cover is included on the plan.



**1 in 6** adults in the UK are experiencing some form of depression<sup>1</sup>.

**Over 970 million** people worldwide suffer from some form of mental health condition<sup>2</sup>.

**Five-fold increase** in Talking Therapy usage per-member from 2015 to 2021<sup>3</sup>.

 **Find out more.**  
For more information please speak to your adviser or visit our website [vitality.co.uk/health](https://vitality.co.uk/health).

1. Office for National Statistics, Coronavirus and depression in adults, Great Britain: July to August 2021.  
2. World Health Organisation, June 2022. Based on figures from 2019.  
3. Health Claims Insights Report 2022.