

For your wellbeing.



**Are you
doing okay?**

We're here for your mental wellbeing too

We know looking after your mind is just as important as your body. So if you're struggling with a mental health condition, including anxiety, alcohol or drug abuse,* we're here for you.

*To support addictions, we cover one addiction treatment programme in each member's/beneficiary's lifetime.

10,000+

**mental health
therapists
across the UK†**

†Statistics correct
as of July 2025.

1 No time limits on support*

Our cover for mental health conditions has no time limits, so you don't need to worry if a condition comes back.

2 More cover than ever before*

We cover most mental health conditions. We do not pay for treatment for dementia.

3 Ongoing support and advice*

We want to be there for you in the long term. That's why we cover ongoing support for diagnosed eligible mental health conditions, as set out in your guide and certificate. This could help you manage conditions and prevent worsening symptoms.

Call us for advice and support

We may record or monitor phone our phone calls. Lines are open Monday to Friday 8am to 8pm and Saturday 8am to 4pm.

Note: Standard exclusions for pre-existing, special and moratorium conditions, and benefit allowances for outpatient, inpatient and day-patient mental health treatment continue to apply. We cover mental health treatment related to excluded conditions such as menopause, cosmetic treatment and gender reassignment. Please refer to your policy or trust guide for further details.

*This comparison to other products in the market is based on Bupa's and Defaqto's interpretation of the differences between Corporate Select health insurance and other health insurance products shown above offering mental health cover in the market in September 2025. The comparison excludes any special offers or promotions which may temporarily alter the cover offered. This cover comparison information is for personal use and guidance only and does not constitute any contractual representation, warranty or obligation by either Bupa or Defaqto about the completeness, accuracy, reliability, suitability or availability of the comparison. Neither party accepts any liability for errors, omissions, direct or consequential loss in relation to this comparison. Any treatment for learning difficulties, behavioural or developmental problems (LBD) is ineligible. However, we cover any related mental health condition in relation to an LBD, for example anxiety or depression.

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