





**PEPSICO**

Pop out and keep handy



For confidential support

**0345 850 1058**

Start your confidential online self-assessment

**bupa.com/cbt PIN: BupaHM**

Useful self-help tools and resources

**bupa.co.uk/eaponline**



**Available for employees, their spouses and dependents (aged 16+)**

Bupa may record their calls and to maintain the quality of the service they may monitor some calls, but they will always respect the confidentiality of the call.

## A listening ear

Talk to a trained expert in confidence about any worries before they become bigger problems. We can help with things like:

- stress
- bereavement
- coping with change
- financial worries\*
- legal matters
- anxiety and depression
- substance misuse
- family and relationship issues

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## Further counselling

If you need more support, the expert you speak to may arrange for you to have counselling sessions, either over the phone or face to face.

\* Information only services. Legal and financial specialist helplines will only provide factual information and signposting to help you make an informed decision and cannot provide regulated advice which would need to be sourced separately.

## Online support a click away

If you'd feel more comfortable seeking support online without having a conversation, you can complete an online self-assessment. This will guide you to one of two options, depending on what's right for you.

- **Emotional Wellbeing Online**  
– for help coping with day-to-day life.
- **Computerised Cognitive Behavioural Therapy (cCBT)**  
– for anyone showing signs of anxiety or depression. You'll be supported by a Bupa therapist too.

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## Self-help information and tools

Head online for free, unlimited access to helpful factsheets and practical tools that can help you prevent or manage future issues or catch problems before they get worse.

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## Keeping things confidential

The Employee Assistance Programme is confidential and will not identify you as an individual. However, on the very rare occasions when a person might be a serious risk to themselves or others or where we are legally obliged to do so, we may need to inform others, like the emergency services. Should this be the case, we will do everything we can to talk this through with you first.