

Helping you with your mental health with Wellbeing Support

Living with poor mental health could have a detrimental impact on you, and the lives of those around you. It can affect how someone thinks, feels, behaves and copes. You may not be able to access support quickly or easily through the usual channels.

That's where Wellbeing Support, provided by RedArc Assured Limited, can help. It gives you and your immediate¹ family unlimited access to an experienced RedArc nurse throughout the life of your policy. Your dedicated mental health nurse is there to listen and support you over the telephone every step of the way.

Though everyone's experience is different, this illustration shows how RedArc nurses could help you through poor mental health.



Feeling that something isn't right

You could be aware your mood is low, or find a situation, illness or injury is taking its toll on how you feel

Your Wellbeing Support nurse can encourage them to **seek help** from their GP, and offer support with coping strategies and management of symptoms



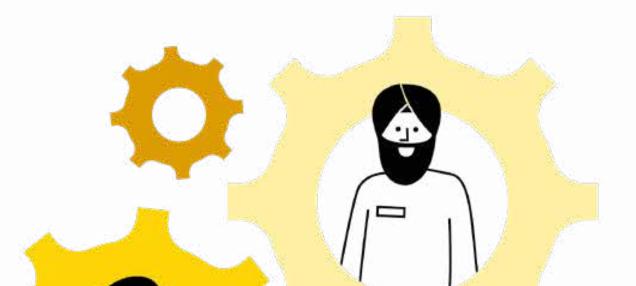
You might feel isolated by your thoughts and feelings, and be unsure what to expect at your appointment

Your nurse can offer a listening seeking hell ear, and help prepare questions for their consultation

You might be **concerned** about how you're going to cope, or feel overwhelmed by information

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Your nurse could offer coping strategies, give you practical advice, and explore therapy options



During therapy



You might find therapy **difficult** or emotional, or feel like you're a burden on your family

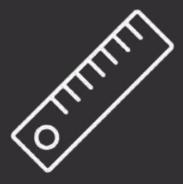
Your nurse can **reassure** you it's normal to feel that way, and offer continuous support to family

You may have a **sense of relief** you're getting help, or be **managing** ongoing symptoms

Your nurse can **encourage** your progress, offer reassurance about readjusting to life, and support with good wellbeing and moving forwards

Recovery

How Wellbeing Support nurses take the burden off you









Tailor emotional support and practical advice

Signpost to charities, support groups and other helpful services

Recommend relevant resources such as books, leaflets and web links

Provide appropriate therapy or counselling, or arrange a second medical opinion, medical equipment or help at home

We're listening. So that you are supported.



¹ Immediate family is defined as the policy holder, your partner, and children living in the same household.

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