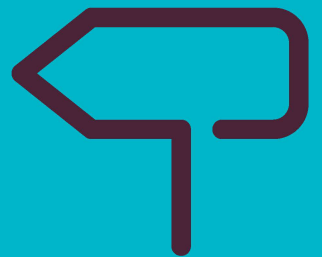


health  assured

Working in Partnership



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When should I contact Health Assured?

When the time feels right, you may feel the need to reach out for emotional or practical support. Health Assured know how difficult it can be to take those first steps. Our qualified and experienced counsellors are ready to listen and provide guidance.

The Student Assistance Programme (SAP) is available 24/7, 365, so help is always available, at a time which suits you.

How can Health Assured help me?

Health Assured provide emotional support and practical guidance. The counsellors on the helpline will triage, and provide early interventions and you can take advantage of structured counselling, or use the helpline to work through your current situation.

Our counsellors can provide guidance and information on issues such as:



Stress & anxiety



Counselling



Family issues



Bereavement



Financial wellbeing



Sexual & gender identity



Relationship advice



Bullying & harassment



Medical information



Tenancy & housing concerns



Alcohol & drug issues



Exam worries

What will happen when I call Health Assured?



A qualified counsellor or legal advisor will answer. If it's your first call, they'll ask for the name of your College or University, and some contact details. Health Assured use this information to get you set up and ready on their system.



If you've called before, they'll ask some security questions. These are simple—your date of birth, or postcode. Data security is important, so you must answer these correctly to continue.



They'll ask what your call relates to. This is to make sure you get the right support, as quickly as possible. If a counsellor answers, and you need legal advice, they will transfer you to an advisor and vice versa. In the unlikely event that the appropriate counsellor or advisor is unavailable, they'll arrange a call-back at the best time for you.

What does a Health Assured counselling call look like?

Health Assured counsellors use a proactive approach to supporting you. They offer space and time to talk about your concerns. They provide guidance and mindfulness techniques that will help you in the present.

A few simple changes are often enough to make a world of difference. The counsellors can suggest useful resources that will help you make those changes. You might feel that this is enough—at the end of the call, the counsellor will explain the options available.

You can choose to simply call back, if you want to talk again. Or, if you want to access structured counselling, the counsellor will offer to complete a clinical assessment. This isn't as drastic as it might sound—it takes around 20 minutes. The questions asked will ensure you get the best support possible, and you can complete the assessment at a time best for you.

Counsellors are available 24/7, 365.

What does a Health Assured advisory call look like?

Health Assured advisors have the same proactive approach as the counsellors. They're experts in legal processes, obligations and liabilities. They'll listen to your issues, and offer guidance on the best way to proceed.

While the advisors aim to resolve your issues in-house, sometimes they'll need to direct you to other resources. This is so you can be sure you're receiving the most appropriate advice.

[Advice is available 24/7, 365.](#)

Why are my details taken?

The SAP is confidential. In order to provide the best service, however, counsellors/advisors ask for a few details. They'll need your name, address, contact number and date of birth. They'll also ask if it's okay to leave a voicemail, or send you an SMS—it's fine to say no to these.

Health Assured treat your data with total confidence. All employees are bound by ethical and legal frameworks, and the service is ISO27001 accredited.

Will Health Assured contact my College or University?

Health Assured provide a confidential service. They won't contact your College or University when you call the Student Assistance Programme helpline. However, if it is deemed that you are an immediate risk to yourself or others, we may require to inform the Emergency Services and your University.

Will you contact my GP?

In most cases, no. Health Assured would only need to share information if:

- They believed that someone else is at risk of serious harm.
- They were told about acts of terrorism or bomb warnings.
- You asked them to get you help because you can't do this yourself.
- You expressed that you were experiencing thoughts of self-harm or that you were having suicidal thoughts.

Health Assured will always seek your consent before contacting your GP or the emergency services. However, if it is deemed that you are an immediate risk to yourself or others, this may not be possible.

What happens if I want to access structured counselling?

If you decide structured counselling is for you, the counsellor will carry out a clinical assessment.

Health Assured use biological, psychological and social factors during the assessment—this is called the 'biopsychosocial model of health'. It allows the counsellor to explore your concerns with you, and identify goals for the counselling.

Counsellors know that it's not always easy to answer personal questions. By using the above model, they aim to set you at ease, and make the assessment as comfortable as possible. It takes around **20 minutes**, and is completed via telephone. The assessment is a vital part of the therapeutic process, and must be carried out—you can complete it at a time that suits you. After the assessment, your counsellor will work out the most appropriate treatment for you.

What will happen in the counselling sessions?



You will work with the same counsellor on a weekly basis, and each session will last for **50 minutes**. The counselling sessions will provide a safe and confidential space for you to talk about how you are feeling, and help to identify a way forward.



The counsellors use a solution-focused approach—this concentrates on the here and now. Talking through your problems is a powerful way to deal with them. This approach encourages mindfulness, and helps build change.

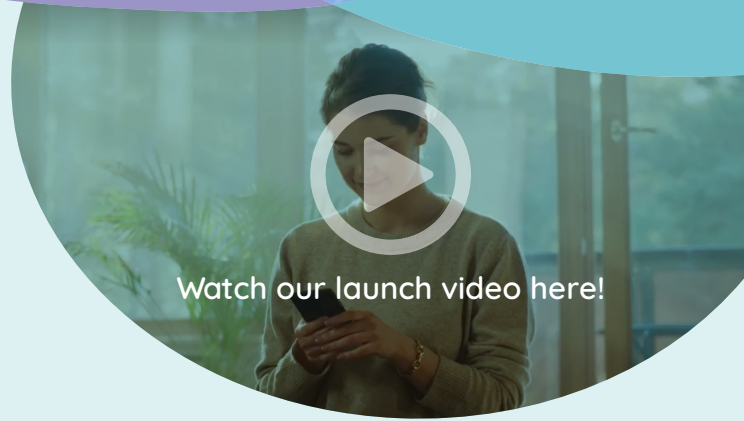


You'll set targets and goals during the sessions, building your own plan and resources—in these sessions you are the expert. No-one knows your own mind as well as you do.

Hello and welcome to Wisdom

Your guide to health and mental wellbeing

As a member of the Health Assured community, you have exclusive access to our revitalised app – helping you track your wellness, improve your mental health, and stay resilient during tough times.



Watch our launch video here!

Your Health Hub



Interactive mood tracker

You will receive regular prompts to track your mood. By tracking mood trends, Wisdom can help you identify patterns and areas for improvement in your wellbeing.



Four-week health plans

Wisdom will support you in your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure. Get started on your health plan and track your daily progress.



Mini health checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



Breathing techniques

Our guided breathing exercises help you feel a sense of calm and relaxation to carry into the rest of your day.

Wellbeing Connected



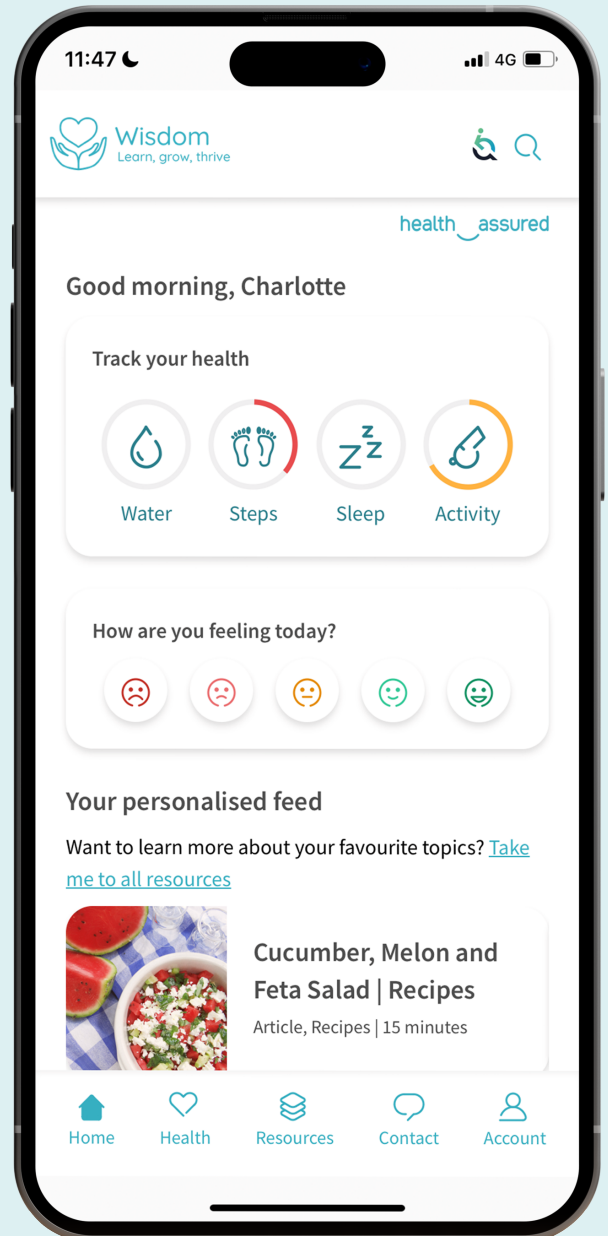
Personalisation

Wisdom allows you to personalise your homepage so you can access tailored resources and learning materials based on your interests.



Live Chat

The Live Chat feature allows you to contact a dedicated wellbeing counsellor using live messaging and video calls. For further support, you can call our helpline - available 24/7, 365 days a year. We've made it as easy as possible for you to get the right advice when you need it the most.



Download and register today

Wisdom | health assured

Unique code:



Working in Partnership



Health Assured Ltd
The Peninsula, Victoria Place
Manchester, M4 4FB

healthassured.org

