

Mental Health Guide

Finding the right path for you

Although we now recognise mental health as an important part of our overall wellbeing, many of us still struggle to know how, when and who to talk to about it.

The Mental Health Guide benefit from Irish Life Health is the first service of its kind in Ireland, and has been designed to help anyone struggling with anxiety, stress or depression to find their next step. That could be a service you already know, a session with a specialist, or other options you might not have heard of. Whatever your path, you can rest assured the treatment or services recommended are suitable for you, and are included as part of your plan.

And if, for whatever reason, you find that the Mental Health Guide benefit isn't the right service for you, you still have the option to use other existing mental health benefits, like counselling, psychotherapy and psychology services where covered on your plan. Simply log in to your Irish Life Health online account and view your Table of Cover, to see what is covered.

To take your first step today, or perhaps continue a journey you've already started, get in touch with a professional counsellor by calling **01 5625150 and selecting 'Healthy Minds'.**



Healthy Minds, provided by LifeWorks, gives you access to a dedicated counselling and advisory service, via telephone or webchat, and access to an online portal (for members aged 16 years and over). If your counsellor deems it clinically appropriate, up to 6 counselling sessions may also be arranged (for members aged 18 years and over). Use of the Mental Health Guide benefit is restricted to members aged 18 or over who have been identified as struggling with anxiety, stress or depression.

The Mental Health Guide benefit is provided by Spectrum Mental Health and is available to members aged 18 or over who have been identified as struggling with anxiety, stress or depression.

Terms and Conditions apply. Irish Life Health dac is regulated by the Central Bank of Ireland.