

The support we offer through our partnership with Vita Health Group

Vita Health Group is a leading provider of mental health support services across the UK. BWC has partnered with Vita Health Group to support the health and wellbeing of the community.

The services we offer you

Through our partnership with Vita Health Group we can provide you and your dependents with the following support services depending on your specific needs:

- Therapy services including face-to-face, telephone or video as clinically appropriate
- Therapy services delivered through approved therapist networks, including Cognitive Behavioural Therapy (CBT), Counselling, Mindfulness-Based Cognitive Therapy and Bereavement Counselling
- Access to digital support services including:
 - Advice and information
 - Individual CBT-based guided self help
 - Computerised CBT

Client feedback

“Great listener, showed empathy, came across genuine and honest, also explained herself very well in dealing with my past anxieties. Completely satisfied with the service received.”

What you can expect

A personalised telephone assessment with Vita Health Group who will work with you to decide on the most appropriate service. Specialised support from UK wide qualified and accredited therapists.

For more information

Call your client adviser on our free helpline: 0800 0234 834. (Monday-Friday, 9am-5pm)

Confidentiality statement

BWC and Vita Health Group treat all personal data and information provided by you as confidential. We will not disclose any details to third parties without your express permission, unless required to do so for the safety and welfare of children and vulnerable adults, for audit requirements or if required by law.

We are independent of banks and our support is provided in confidence.