

The support we offer through our partnership with Insight Healthcare

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

The services we offer you

Through our partnership with Insight Healthcare 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 webcam
- 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

“Amazing Service. The counselling has given me space and support to move forward, Thank you!”

“The counselling was imperative to my progress and would highly recommend the service to anyone.”

“I cannot thank the service enough, it has made such a positive impact on allowing me to move forward with me life, Thank you!”

What you can expect

A personalised telephone assessment with Insight Healthcare 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 advisor on our free helpline: 0800 0234 834.

Confidentiality statement

BWC and Insight Healthcare 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.