

The support we offer through our partnership with PAM Wellness

PAM Wellness is an occupational health and wellbeing service provider that offers emotional and mental health support for mild to moderate issues including stress, anxiety and depression.

The services we offer you

Through our partnership with PAM Wellness, we can provide you and your dependents with the following support services as per your specific needs:

- Counselling services - Telephone or video-based talking therapy (face to face available)
- Cognitive behavioural therapy (CBT) - Telephone or video-based talking therapy (face to face available)
- Eye movement desensitisation and reprogramming (EMDR) – In person or video-based therapy for those who have experienced trauma
- Access to 'in the moment' support via the 24/7 Wellbeing Helpline
- Access to digital support services through Champion Health App

Client feedback

"Having someone external to speak to during what was a very challenging time was great support and provided me with room for growth."

What you can expect

Structured counselling - PAM Wellness will conduct an initial telephone assessment to discuss the most appropriate service for you, followed by a personalised treatment pathway with specialised support from accredited counsellors and therapists.

Champion Health App – Registering to the app will give you instant access to a variety of digital resources to support both your physical and mental wellbeing.

24/7 Wellbeing Helpline - If you just want someone to talk to you can register to access the Emotional Support Line which is staffed 24/7 by trained counsellors.

For more information

You can talk to a Client Adviser via our Live Chat or call our free and confidential Helpline on **0800 0234 834** - we're open Monday to Friday from 9.00am to 5.00pm (except bank holidays).

Confidentiality statement

Bank Workers Charity and PAM Wellness treat everything you share with us as confidential. We won't pass on your information to third parties without your permission, unless we're required to by law, or where there's a safeguarding concern involving a child or vulnerable adult.

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

In partnership with



**Supporting the banking
community past and present**