As part of our commitment to helping employers improve workplace wellbeing we work with carefully selected specialist partners. Our Group Income Protection includes proactive and funded treatments, where appropriate, from CBT Clinics for employees who are off work due to mental health problems.
A COSTLY ISSUE THAT’S GETTING BIGGER.

Mental health conditions are now the most common cause of a long term absence (four weeks or more) and the second most common cause of short term absence, according to the CIPD (Chartered Institute of Personnel Development). They report that stress and other mental health issues such as depression and anxiety account for over 40% of long term absences. And it’s an issue affecting more people; 1 in 4 people will experience a mental health problem in any given year. Without effective support, short-term problems can develop into long term sickness and the absence extends from weeks into months. After six months of absence, the probability of an employee being able to return to work can reduce by 50%.

EARLY INTERVENTION AND FUNDED TREATMENTS.

Recognising the significant impact psychological absence has on a business, we work exclusively with CBT Clinics to deliver comprehensive support for all insured employees who need it. We work with employers to help them notify us of absence as early as possible. We can then arrange a referral to CBT Clinics, with contact made within 48 hours and treatment starting within 10 days. Accessing our funded treatment means employees avoid lengthy NHS waiting lists and are able to return to work sooner. What’s more, there’s no additional cost for them or their employer.

CBT CLINICS – PROVIDING EVIDENCE BASED TREATMENT PATHWAYS.

Network of 2000 therapists and psychologists throughout the United Kingdom

In 2015 80% of the mental health absences reported to Legal & General were able to return to work

Easy for employees: average distance travelled to appointments is 8 miles

Providing a variety of talking therapies

Award winning provider of effective and innovative solutions

A company founded and led by clinicians

The online programme is underpinned by clinical research

Treatment can be delivered face to face, or via secure video call, telephone and online channels

Client satisfaction ratings over 97.5%

OUR SEAMLESS TREATMENT PATHWAY

STEP 1 Psychological Assessment
Face to face/remote consultation to recommend treatment pathway

STEP 2 Return to work focused psychological treatment
Evidence based treatments delivered face to face, by telephone or by secure video call

STEP 3 Return to work

STEP 4 Relapse prevention programme
12 month access to online self-help platform

ONE IN FOUR
OF US EXPERIENCE A MENTAL HEALTH PROBLEM EACH YEAR.

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