



Our Colleague Health and Wellbeing Offer

Spotlight on: Mental Health

Our Purpose is to **Make the World a Better Home**, and one of the ways that we are achieving Our Purpose is by creating a safe and healthy environment that keeps our colleagues' safety and wellbeing a priority in all that we do.

We achieve this through our through our Principles of Conduct and Action: Caring for Health and Safety and through our Health Policy.

Below we are spotlighting some of the ways we help you care for your mental health and wellbeing.



You may have seen Benenden Health advertised on Channel 4 and thought, wouldn't it be good if Saint-Gobain offered that?

Well... we do!

Benenden offer a high quality, private healthcare benefit designed to complement the services provided by the NHS. You can enjoy access to Benenden Health's Services from the 1st of the month following sign up instead of the typical six month period, and the cost of your cover is subsidised by Saint-Gobain. You can even add immediate family, including children, who live at the same address to your plan.

To learn more, visit [bubble](#) and select 'benefits', then 'Benenden Health' for full FAQs and videos.



SIX MHS

You can get in touch with SIX MHS for mental health support including:

- » Free crisis help - a 24/7 confidential helpline available by phone, text or e-mail staffed by mental health professionals
- » Triage by mental health professionals to appropriate support within 24 hours
 - » Access to a network of counsellors offering one-to-one therapy
 - » Access to addiction and recovery services

Phone or text: **07480 726082**, email helpline@sixmhs.com or download the **SIX MHS app** via the app store or by scanning the **QR code** below



All of this is totally free to use. Just enter your business code, which you can find [here](#)



The AXA Health app can help you make big changes to your health and wellbeing by taking small steps to improve your lifestyle. It's free for you to download and use - just add your businesses access code for even more content!

You'll have access to all of this, all from the palm of your hand...

- » Content and programmes designed to help you build healthy habits that last
 - » Guidance and coaching from the experts
 - » Services and support at your fingertips
 - » Health age and mental wellbeing assessments

We also have a written guide available for you, which you can access by clicking [here](#)

To download the app, visit the **App Store** or **Google Play** store and search AXA Health App, or scan the QR codes here:



Your access codes are available [here](#)

Employee Assistance Programme (EAP)



You can get in touch with our Employee Assistance Programme (EAP) via AXA Healthcare. You can call **0800 0727072** for access to a free confidential helpline which provides access to a nurse, a mental health practitioner, a midwife or a pharmacist available for help and advice.