

Structured Counselling



Available to all employees - whether insured or not - where the employer has a L&G Income protection policy.

If you're struggling with challenges in your life, you can get help and support by speaking to a counsellor. You can either call the confidential helpline on 0800 316 9337 or book an appointment online through the **Spectrum.Life** app or website. If after your appointment the counsellor feels it's needed, and with your agreement, they may suggest **structured counselling**. You could receive up to eight sessions, either face-to-face, over video, or by phone. You'll get support tailored to your needs and you may be offered different types of therapy.



Structured counselling takes place over a set number of sessions with a clear plan. It's usually short-term and can help with less complex issues. For example if you're feeling low, worried, angry or finding it hard to cope with changes in life. It's not suitable for emergency support, chronic mental health conditions (such as bipolar disorder) or dealing with any form of acute addictions.

This service is provided by **Spectrum.Life**.

Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please **email us** or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. BH4307
03/26

