

Stronger Minds

Faster access to support and treatment for stress, anxiety, and depression, via our clinically led pathway, Stronger Minds. Without the need for a GP referral.

Benefit from:



Talking to an expert without any fuss

Simply call to arrange an assessment which will be carried out by a counsellor or psychologist.



Receiving the right care and treatment

Mental health conditions can be complex, and treatment can therefore vary enormously. Stronger Minds counsellors and psychologists manage this daily, helping members to receive the most appropriate treatment to best meet individualised needs. This could be in the form of self-help and life management to Cognitive Behavioural Therapy (CBT), counselling or referral to psychiatry.



Quality care nationwide

Treatment is provided by a carefully selected and approved network of counsellors and psychologists.

Treatment takes place in a Stronger Minds preferred clinic, fitness and wellbeing site or medical centre around the country at a time to suit you. Remote consultations can also be utilised.



Guidance every step of the way

Whether the condition is complex, or the treatment plan needs revising, the Stronger Minds team will always be there to support and guide you through the process.

Good to know

- There is no cover for the treatment of psychiatric illness on Plan 1a, Plan 2a, Plan 3a, Plan 3b or Plan 4, including access to Stronger Minds.
- The Stronger Minds service is available to PHC members aged 18 and over only.
- Members can find out what plan they're on by referring to their Certificate of Cover.
- For more details on the service, please refer to your Membership Handbook.

How to access

Call the PHC claims line on **0800 068 7111**

They'll check you're covered and pass you straight through to the Stronger Minds team. If you'd prefer, they can instead arrange for the team to call you back at a time that suits.

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