



Helping mental distress

Unum LifeWorks online CBT Programme Advisers' Guide

Because everyone
needs a back-up plan



In response to increasing demand in the area of mental health, anxiety and depression Unum LifeWorks now includes access to a new online Cognitive Behavioural Therapy (CBT) self-help tool. This new resource, based upon treatment recommended by the National Institute for Clinical Excellence (NICE) is supported by telephone counsellors. It is available to new and existing Group Income Protection (GIP) clients that sign up for our Employee Assistance Programme (EAP).

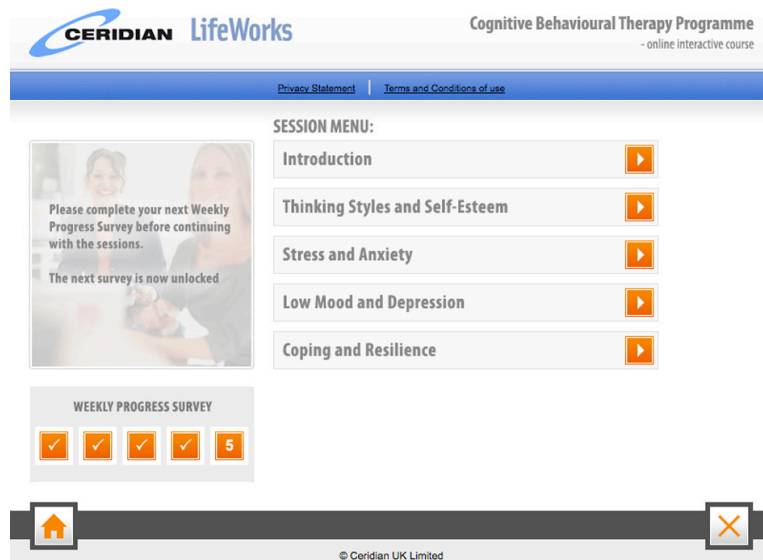
The online, interactive programme takes the employee through a variety of working case studies, and also includes a combination of text, graphics, animation and videos – plus links to useful documents. It can be used, where appropriate, as an additional form of treatment and an alternative to face-to-face counselling once the employee contacts a Unum LifeWorks counsellor.

Employees are encouraged to complete activities and by making notes as they go along, can see the progress they have made while recording key developments.

A weekly progress survey, filled out by the employee, also tracks their improvement. An example of this can be seen in the image below:

About Unum LifeWorks

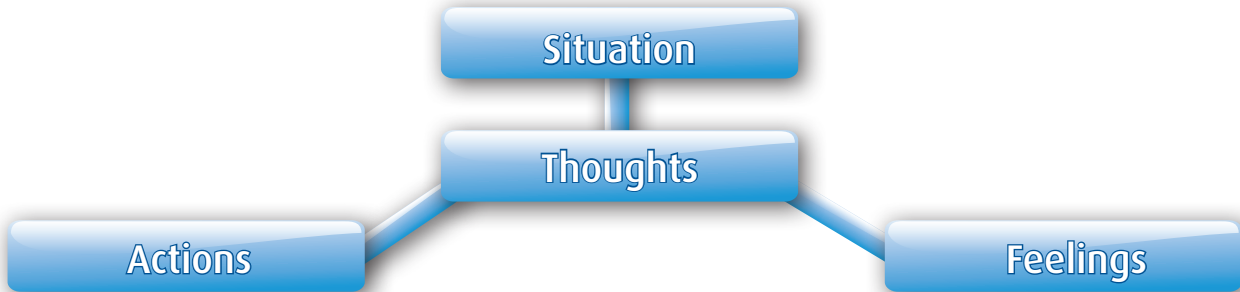
An employer and employee assistance programme available to all Unum Group Income Protection policyholders at no extra cost



About CBT

During times of mental distress, people think differently about themselves and what may be happening to them. Thoughts can become extreme and unhelpful, potentially worsening the condition, locking the sufferer into behaviour that prolongs the condition.

CBT draws on cognitive and behavioural psychological models of human behaviour - focusing on the premise that how we think affects how we feel and behave.



The CBT approach helps staff challenge their ways of thinking, their perceptions and their beliefs to change the way they behave. By helping people identify and change both extreme thinking and unhelpful behaviour, CBT can result in a major improvement in how a person feels and lives.

The Unum LifeWorks Programme offers five modules (see table below) designed to encourage staff to review their thoughts and beliefs, while developing new ways of thinking and strategies to change their behaviour.

Introduction	Thinking style and self esteem	Low mood and depression	Stress and tension	Coping and resilience
Welcome Course navigation Video introduction by a psychologist Review of the CBT model	Understand the link between beliefs, feelings and behaviours Identify and spot thinking biases Balancing out thinking biases Learn about low self esteem and how it develops Learn positive strategies to help overcome low self esteem	Learn about low mood and depression Increase activity levels to break the cycle of doing less Highlight that thoughts effect emotions and actions Learn about the beliefs I hold about myself and how these effect my mood	To understand arousal To understand the difference between arousal and stress Learn how stress affects thoughts, feelings and behaviour Learn ways to manage stress	Learn about different types of coping strategies Learn the difference between assertive, aggressive and passive behaviour Become an effective problem solver Set goals and targets Learn about the effects of alcohol and tobacco



If your client's employee is unsure about anything, a Unum LifeWorks counsellor is available to provide additional support and guidance as each module is completed while answering any questions they may have.

Contact your Sales Consultant to find out more information about Unum LifeWorks.

Registered office:
Milton Court
Dorking
Surrey RH4 3LZ

Unum Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered in England 983768.

Copyright © Unum Limited 2014

We monitor telephone conversations and e-mail communications from time to time for the purposes of training and in the interests of continually improving the quality of service we provide.

Tel: 01306 887766 Fax: 01306 881394