

Right now,  
you may need  
**support  
more than ever**

---



★ Personalised, on-demand advice and support from our team of mental health, financial and legal experts

★ 24/7 health and wellbeing advice line

★ Access to a GP 24/7 online or by phone

★ Carer support

★ Virtual appointments available

★ Online resources

Don't forget you have access to BHSF RISE, which provides unlimited, ongoing specialist support.

From mental health, financial or physical difficulties, we will help you come through the other side, discreetly and sensitively.

For our full, confidential support, call: **0800 285 1538** or visit:  
**[www.myrisehub.co.uk](http://www.myrisehub.co.uk)**

---

You can find your login code on your BHSF RISE wallet card.