



# RISE - our comprehensive Employee Assistance Programme

Best-in-class levels  
of employee support.



# Let us introduce ourselves

We are a profit-for-good health and wellbeing provider, passionately focused on creating a positive impact in workplace wellbeing – helping to keep employees, physically, mentally and financially healthy



In the last year, 875,000 workers have reported suffering from **work-related stress, depression or anxiety**.\*

\*Source: <https://www.hse.gov.uk/statistics/causdis/stress.pdf>

Contact our enquiries team today on **0121 454 3601** or visit  
[www.bhsf.co.uk/bhsf-rise/](http://www.bhsf.co.uk/bhsf-rise/)

# BHSF RISE

BHSF RISE is our comprehensive EAP service crafted to meet the needs of today's workforce, where wellbeing support is crucial. It promotes mental health positivity among employees, and helps to solve absences caused by poor mental health.

Poor mental health accounts for more than half of all work-related illnesses. With BHSF RISE, your employees have access to personalised, on-demand advice and support from our team of mental health, financial, and legal experts.



Contact our enquiries team today on **0121 454 3601** or visit  
[www.bhsf.co.uk/bhsf-rise/](http://www.bhsf.co.uk/bhsf-rise/)

# Key features

24/7 counselling and advice line

24/7 health and wellbeing advice and support

Face to face and virtual counselling service

24/7 telephone access to personal legal information and support – provided by *Irwin Mitchell*

Telephone access to personal financial and debt information and support – provided by *Auriga*

A comprehensive care and special needs support service – provided by *Grace Consulting*





24/7 GP consultation service

*MyMindPal*, an online interactive mental fitness tool

Psychological assessment and complex cases

Access to online resources including Cognitive Behavioural Therapy workbooks

Case management – individual support where required

Range of additional consulting services including Psychiatric assessment, workplace mediation, mental and physical health training and health and safety training.

# Benefits

## Employers

BHSF RISE will seamlessly integrate with your business, unifying expert support services through one access.

This 360 degree health and wellbeing service will offer your employees class leading support.

- ♥ The **right support at the right time** for everyone
- ♥ Helps to **reduce absenteeism and presenteeism**
- ♥ **Reduces stress and anxiety** across your workforce
- ♥ Saves you time, as **our dedicated case managers will own each case** where appropriate
- ♥ Ideal solution for **your company's wellbeing** goals and commitments
- ♥ Services can be **accessed via self-referral, by line managers or occupational health teams**



## Employees

Each case will be handled on an individual, ongoing basis until a resolution is reached. The improvement in an individual's wellbeing will not just benefit them; their improved attitude and performance will also positively impact colleagues, creating a productive environment for all.

- ♥ **24/7 personal and highly confidential** advice and support
- ♥ **Access to a GP 24/7** online or by phone\*
- ♥ Dedicated case managers to **guide employees through the process** where appropriate
- ♥ **Unlimited call length**, no time restraints
- ♥ **Face-to-face consultations** available
- ♥ **Quick access to specialist support** thanks to fast-track referrals

\*You will only get access to UK NHS based medical help, regardless of where you are.

# How does it work?

## Employers

We will provide you with a dedicated phone number and access code for our portal, which you can share with your employees. This will grant them access to our services whenever and wherever they need support. Additionally, you will receive quarterly management information reports.

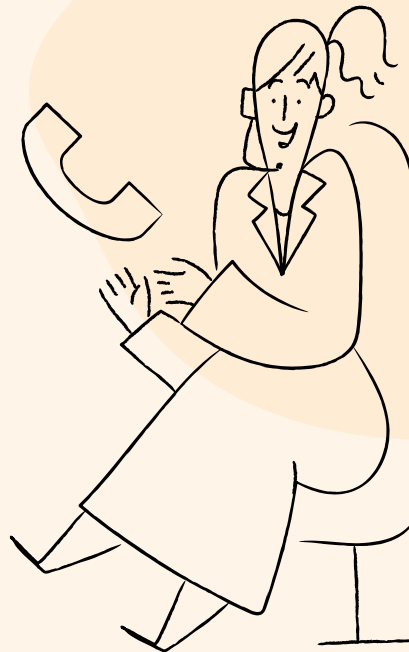
To boost employee engagement, we'll equip you with a launch pack detailing the key benefits of BHSF RISE and how your employees can make the most of the service.



## Employees

Employees can easily access the service by using the provided number for self-referral. Alternatively, line managers or occupational health teams can make referrals on their behalf.

Alongside phone and face-to-face services, employees can confidentially log onto our portal to access various online resources, including self-help workbooks, Cognitive Behavioral Therapy materials, podcasts, and much more.



# Make a positive impact on your employees' mental health and wellbeing today

We are the only EAP provider in the UK that has no exclusion or inclusion criteria. This means we support all referrals and never refuse access to our services.

For further information, feel free to contact us at [enquiries@bhsf.co.uk](mailto:enquiries@bhsf.co.uk) or call us at 0121 454 3601



Trustpilot score accurate as of June 2025.



BHSF Employee Benefits Ltd,  
14th floor, 54 Hagley Road, Birmingham B16 8PE.

BHSF Employee Benefits Limited is authorised and regulated by the Financial Conduct Authority.

EB 00049 06/2025