

Clinical Rationale.

Spectrum.Life is a leading Mental Health, Wellbeing, and Digital Health Innovator in the UK and Ireland, with a mission to change and save as many lives as possible.

An employee will always be referred by Spectrum.Life to short term counselling where clinically deemed appropriate. To help with mild to moderate circumstances, up to 8 sessions of counselling are available to help employees work through any roadblocks in a specific timeframe.

When circumstances are more severe and/or employees are dealing with a long-standing issue(s), more intensive, prolonged support may be required.

However, employees will always be able to receive in the moment support, (a therapeutic intervention) through Spectrum.Life's 24/7/365 support line to speak with accredited counsellors who can provide empathy, advice and guidance in line with BACP and NICE Guidelines.

Follow up calls to offer employees support via the Spectrum.Life platform and appropriate signposting to local authority supports, and/or their GP are arranged where needed.

Please refer to our full clinical rationale framework for further details on our approach.

Clinical Signposting.

What happens when we signpost?

Where an employee has presenting needs which fall outside of the scope of a short-term counselling support the Spectrum.Life team will look to provide appropriate support in ways such as:

Telephone support with the individual including a combination of the following*

- Links to local support groups / charities
- Recommendation to link with GP
- Agreement between counsellor/individual for a check in call
- Recommendation for self-directed iCBT

Signposting can be an incredibly powerful tool that enables employees to kickstart a conversation, ensuring they receive the right support intervention at the right time, which is clinically appropriate for their individual needs.

Signposting ensures people are safe and supported in an ethical manner.

*Not all will apply to individuals.

