

# Counselling – when you need someone to talk to

If you have worries, anxiety or feel depressed, it can be a good idea to talk to someone. Regardless of whether you have problems with stress in the workplace, problems in relationships or physical problems, you are welcome to call and receive guidance.

- You have access to the service via health insurance in Swedbank Pension plan and you do not pay anything extra.
- You can call at any time, day and night and you are anonymous. Regardless of whether you want to talk about private or work-related problems, you will receive professional support and guidance.
- The service is available every day, day and night, on phone number 08-512 40 800 and all contact occurs via telephone. In the case of physical problems, you can call on weekdays between 8–17.

## This is how it works

When you call, you get the opportunity to talk to a professional trained person who are specialist talking to people who are in a difficult situation and need guidance and support.

The first conversation will help you to clarify the situation and your thoughts. If you need more support, up to three conversations with a psychologist or a psychotherapist are included.

In the case of physical problems, you can instead choose to talk to a physiotherapist who will give you advice or guidance concerning your problems.

Swedbank Försäkring provides the counselling in collaboration with Falck Healthcare. The conversation is completely anonymous and everyone you talk to has a duty of confidentiality, which means that neither we nor your employer receive any information.

You can find more information at [swedbank.se/samtalsstod](https://swedbank.se/samtalsstod)

**Included in your  
health insurance**