What to do next?

If you are interested in signing up to Mynurva, simply complete an application form through the Baily Thomas Provident Fund's online portal. Alternatively, you can request a paper application form from the Fund office.

Once approved, the Baily Thomas Provident Fund will provide you with a link to Mynurva. You can then self-refer, activate your account and book your sessions online. You will then be able to access the service at your own convenience.

Please note, Mynurva's service is delivered online and will require you to have a unique email address.

The Baily Thomas Provident Fund will not be made aware of the nature of the counselling/therapy sessions nor of the issues discussed.

Testimonials from Trust Pilot

"The team at Mynurva have been wonderful. The support I have received over the past few months was exactly what I needed. I started off this journey a completely different person. "

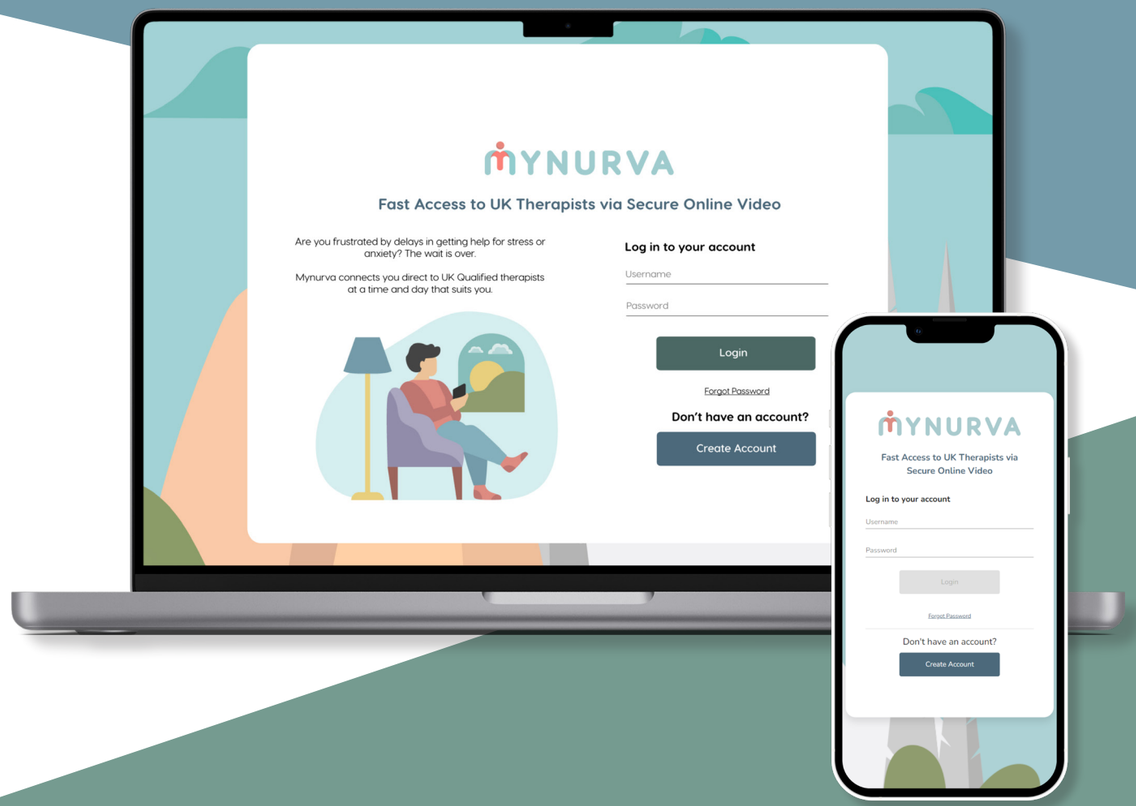
"My therapist was great, easy to book appointments and has helped me hugely with my anxiety- I would highly recommend."

British Assessment Bureau UKAS MANAGEMENT SYSTEMS 8289 ISO 9001 QUALITY MANAGEMENT

British Assessment Bureau UKAS MANAGEMENT SYSTEMS 8289 ISO 27001 INFORMATION SECURITY MANAGEMENT

We are a Living Wage Employer

Providing wellbeing support to beneficiaries of the Baily Thomas Provident Fund



MYNURVA
www.mynurva.com

About Mynurva

- Mynurva is a leading provider of 1:1 counselling and therapy, delivered by highly-qualified therapists.
- Founded by a GP, Mynurva provides quick access to specialised support at a time of need.
- Mynurva is proud to support the mental health of many individuals, as well as working with universities, corporations and sports clubs.



How can Mynurva help you?



If you are struggling emotionally, going through a difficult life event, or experiencing symptoms of depression or anxiety, Mynurva can help.

Mynurva offers a safe confidential space to talk through your concerns and help you get the support you need. There are no waiting lists and therapy can be accessed immediately.

You can speak to a therapist from anywhere at a time to suit, including evenings and weekends.

- Sessions are up to 50 minutes long which means you'll have time to talk through your concerns.
- All Mynurva's therapists are highly trained and qualified, and the service is completely confidential.
- You can easily book and manage your appointments online, and sessions take place via Mynurva's secure video platform.
- Mynurva can provide support for you, a spouse/partner, and any dependent children (11 years and over).
- The service is completely free for you to use. The Baily Thomas Provident Fund will fund 6 sessions per user per year.