

NO MORE PREJUDICE!



WE WANT TO NORMALISE PEOPLE'S MENTAL HEALTH CARE

Did you know that mental health problems will be the leading cause of disability by 2030?

At DKV, we not only work to take care of your physical health, but we are also right here by your side to help you stay emotionally healthy, offering solutions for each of your needs and providing an early diagnosis.

WOULD YOU LIKE TO MANAGE YOUR DAILY EMOTIONS BETTER?

The "Take care of your mind" function in the [Quiero Cuidarme Más app](#) provides access to **self-care tools** and a **chat** with a psychologist.

In [DKV Omm](#), you can learn how to manage and improve your feelings and emotions.

Our [blog](#), [Quiero cuidarme](#), also offers **health articles** written by renowned professionals in which we debunk myths.

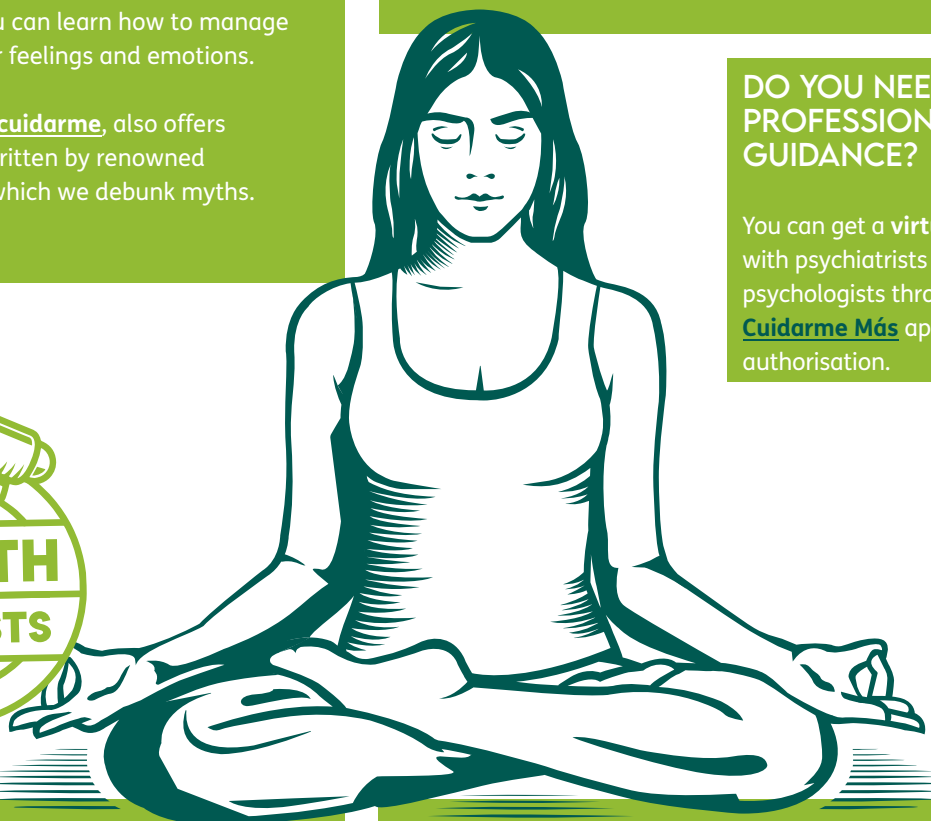
ARE YOU GOING THROUGH AN ADVERSE SITUATION AND NEED SUPPORT?

You can chat with a psychologist through our [Quiero Cuidarme Más](#) app.

It also offers [a psycho-emotional helpline](#) 900 810 675.

DO YOU NEED PROFESSIONAL GUIDANCE?

You can get a **virtual consultation** with psychiatrists and psychologists through the [Quiero Cuidarme Más](#) app, with no authorisation.



SERVICES THROUGH DKV HEALTH AND WELLBEING CLUB

Discounts on therapy to resolve family conflicts, digital detox and more through the [DKV Health and Wellbeing Club](#).

DO YOU NEED A PERSONAL DIAGNOSIS AND TREATMENT?

You can **consult** with a psychiatrist and, if he/she prescribes it, get access to individual **psychotherapy treatments** within the limits contained in your policy (or with a paediatrician's prescription, in the case of children).