

## Supporting UOB Mothers with Accessible Mental Health Care

**UOB** has partnered with **Intellect**, a leading mental health provider, to offer mothers who open a Child Development Account (CDA) with UOB accessible and proactive mental health support.

Designed for mothers on their postpartum journey, Intellect's self-care platform and one-on-one counselling sessions help mothers navigate challenges and lead fulfilling motherhood lives.

### When you sign up for a CDA account with UOB, you will receive:

- **Complimentary 3-month premium access** to Intellect's self-care programmes, from the date of Intellect app account creation. These programs are designed to help you manage your thoughts, feelings, and behaviours as you transition into motherhood.
- **Counselling sessions at a discounted rate** with our clinical psychologists or counsellors at Intellect Clinic. Intellect Clinic offers personalised counselling and therapy to see you through challenging times.

**Begin your motherhood journey with 1-year access to Intellect's suite of self-care tools:**

### How to get started:

1. Scan the QR code to download the Intellect App.



2. Select 'Join with your organisation.'
3. Enter the access code sent to your email address as per bank's record after UOB CDA opening.

To make an appointment for a counselling session with Intellect Clinic, please contact the clinic at [clinic@intellect.co](mailto:clinic@intellect.co) or WhatsApp **+65 8043 5120**.

