

# Mental Health & Wellbeing

## Support Services



**Occupational Health.** Staff can self-refer to Occupational Health. The services include a specialist mental health practitioner, confidential counselling, Occupational Therapy and Health and Wellbeing practitioners for staff experiencing work-related stress. Monthly support groups are also offered for staff experiencing stress/distress in the workplace (please contact Paula Fawcett if you are interested).

Telephone: 01924 316036 (Monday-Friday 8am – 4pm).

For up-to-date information: <http://nww.swyt.nhs.uk/wellbeing/Pages/default.aspx>



**Together** offer a wide variety of support to help people deal with the personal and practical impacts of mental health issues. Local branches include in Wakefield, Sheffield and Rochdale, where services on offer include community support, criminal justice mental health, generic advocacy and housing. Telephone: 020 7780 7300 Email: [contact-us@together-uk.org](mailto:contact-us@together-uk.org) or a local service direct, <https://www.together-uk.org/service-finder/>



**Andy's Man Club** are talking groups for men "because... you've either been through a storm, currently going through a storm or have a storm brewing in your life... On average one man every 2 hours takes his life in the UK. It's often said a factor is that men don't talk. That's why we were born to break down these stigmas." Local (presently online) support groups include in Dewsbury, Halifax, Hebden Bridge, Huddersfield, Sheffield and Wakefield. Contact details are available at <https://andysmanclub.co.uk/clubs/> Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)



**Mental Health at Work** offers a range of online resources, advice, tool kits and recommendations to help support individuals to achieve better mental health outcomes at work. Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health. To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm if you're in England, or call 116 123 any time if you're elsewhere in the UK. Visit: [www.mentalhealthatwork.org.uk](http://www.mentalhealthatwork.org.uk) Tel: 03303 800 658



**Mind** provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services. Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: [info@mind.org.uk](mailto:info@mind.org.uk) Website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)



**Samaritans** provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face. Telephone: 116 123 (24 hours a day, free to call) Email: [jo@samaritans.org](mailto:jo@samaritans.org) Website: <https://www.samaritans.org>

### Additional Support Services:

**Pastoral and Spiritual Care** service available Monday – Friday, 9.30- 10.30am and 2-3pm. 01924 316341.

<http://www.healthyminds Calderdale.co.uk/>

<https://www.livewellbarnsley.co.uk/directory/syha-my-best-life-social-prescribing-service/>

<https://www.mentalhealth.org.uk/tags/bame>

In crisis? NHS mental health services 01924 316830 (open 24 hrs a day).